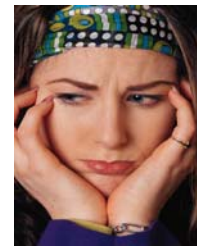


Anxiety Management Classes



Classes for adults (18 – 65 years of age) who experience difficulties managing anxiety and stress.

Problems may include:

- Difficulty controlling worry
- Feeling overwhelmed
- Avoiding situations or tasks due to anxiety
- Social anxiety or discomfort in talking to people
- Panic attacks

Participants will learn how to:

- Change thinking patterns that create anxiety
- Manage the uncomfortable physical sensations of anxiety
- Effectively confront feared situations and events
- Enjoy life without being restricted by anxiety and fear

**Classes meet on Mondays from 7:30 P.M. to 9:00 P.M.
The fee is \$75 per 90-minute class.**

To register, or to request more information, please contact:
Christine Ziegler, Ph.D. at (845) 353-3399 x 12

 **HUDSON VALLEY CENTER
FOR COGNITIVE THERAPY**

421 North Highland Avenue
Upper Nyack, NY 10960
(845) 353-3399, Fax: (845) 353-3399
<http://www.hvcct.com>
Email: info@hvcct.com