

Anxiety *Support Group*

Facilitated by Megan Bonyngge, LMFT

Racing heart, swirling thoughts, body freaking out?
Not "in crisis" but not sure what to do?

Come get support and learn new
ways to manage your anxiety!

Mondays 10-11:30AM
February 26-April 22
Titan Hall, 3rd Floor

*Sign-ups and
commitment
requested!*

Call CAPS
657-278-3040

