

Presents

Tackling Anxiety A Cognitive Behavioral Therapy Class

Do You Struggle with Anxiety, Worry, or Panic that Interferes with Your Enjoyment in Life?

Do You Find Yourself Avoiding People or Certain Situations as a Way to Cope with Your Anxiety?

We Can Help!

Using cutting edge tools and Cognitive-Behavioral techniques, we can help you overcome your anxiety and fears. Getting involved in our class is great way to get started.

When your life is filled with anxiety it often feels overwhelming. You are not alone and there are proven ways to feel better. At Palo Alto Therapy, we use evidenced-based methods to help you overcome all types of anxiety problems.



Education, Tools and Support

What You Will Gain from Participating:

- A solid understanding of anxiety and how to overcome its effects
- Cutting edge and powerful tools to tackle your anxiety
- Support and encouragement from your peers as we learn to beat anxiety together
- Email support between classes from the instructor
- Free copy of the ebook, *Tackling Anxiety, How to Regain Your Peace of Mind*
- Free subscription to Palo Alto Therapy's quarterly newsletter

General Information

This is an 8-week cognitive behavioral therapy class that will help you in your struggle with anxiety. The class consists of teaching, practicing of techniques, and group discussion. Ages 18 and up are encouraged to enroll. To really benefit from the material that is presented, participants need to actively participate in discussions, practice the skills, and complete the assigned homework.

Enrollment

The class will be held on Monday evenings from 5:30pm-7:00pm. We will only be accepting 6 members for this class to ensure an optimal environment to learn and practice the techniques.

Cost

We allow you to break down the cost into four affordable payments of \$140 (credit cards accepted). Our Tackling Anxiety Class is a great way to experience some of the rewards of cognitive behavioral therapy at a much lower price than individual therapy.

Call **650-461-9026** or email info@paloaltotherapy.com to enroll before the class is full