



**Palo Alto Therapy**  
Cognitive Behavioral Therapy for Proven Results  
**PALO ALTO & SAN JOSE**

# Anxiety to Wellness Class

**Are You or Your Teen Struggling with Anxiety, Worry or Panic?**



Join our **Eight Week Class!**

- ✓ **Reduce your anxiety through research proven strategies**
- ✓ **Find support, encouragement and empowerment through group accountability**
- ✓ **Live life less restricted and increase your peace of mind**

**"It's a great benefit to anyone with anxiety issues and helpful with ways to combat it"**

- Past class member

8 Weeks to Less Worry and **More Life!**

**Offered:**

January

April

September

**Teen Class:**

Ages 13 – 17

**Adult Class:**

Ages 18+

**Contact us to enroll or find out more!**

**650-461-9026**

**[www.paloaltotherapy.com](http://www.paloaltotherapy.com)**



# Palo Alto Therapy

Cognitive Behavioral Therapy for Proven Results

**PALO ALTO & SAN JOSE**

**“I loved how understanding the environment was, as well as learning how others struggle with similar problems.”**

- Past class member

Space is limited!

Maximum 8 participants



This is the class for **YOU** if...

- You want less worry and anxiety and want more **freedom** in your life
- You have never tried cognitive behavioral therapy which is **effective** and **backed by research**
- You are already receiving therapy but want to **strengthen** your **skills** and gain **support** from others who are also struggling with anxiety

## Cost:

- o \$680 plus a \$25 material fee

## In addition:

- o All members receive a class binder containing self-help exercises and our “Tackling Anxiety” book
- o The teen class includes a free phone consultation with the class facilitator.
- o The adult class includes a 30-minute individual meeting with the class facilitator.

Two locations:

407 Sherman Avenue., Suite C  
Palo Alto, CA 94306

&

940 Saratoga Ave., Suite 240  
San Jose, CA 95129

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**650-461-9026**

**Info@paloaltotherapy.com**

**www.paloaltotherapy.com**