



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



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:

Please visit our website for more information.

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 Saraoga Ave., Suite 240
San Jose, CA 94129

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Info@paloaltotherapy.com

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