

JOIN US!

Free Webinar

Stress & Anxiety to Wellness

Hosted by Palo Alto Therapy

Wednesday January 11th 2023 | 12:00 PM - 1:00 PM

45 Minute presentation with a 15 minute Q&A*

PaloAltoTherapy.com
650-461-9026

EFFECTIVE THERAPY - STRONG CLIENT RELATIONSHIPS - SHORT-TERM & FOCUSED

Ernest Schmidt,

LCSW & Founder of Palo Alto Therapy

In 2005, Ernest Schmidt founded Palo Alto Therapy and has dedicated his professional life to helping people work past problems for happier, more fulfilled lives. He has created a wonderful environment for our therapists to provide that same expert level treatment. We have a variety of therapists who specialize in Cognitive Behavioral Therapy (CBT) and have experience treating anxiety-related and other mental health conditions. We aim to help people gain peace of mind and live more satisfying lives through individual, couples, and family therapy, as well as group therapy and support groups.

Webinar Description:

Are You Stressed Out or Feeling Overwhelmed? Is Anxiety Interfering with Your Happiness? Anxiety and stress can feel overwhelming, unmanageable, and challenging to overcome. But it doesn't have to! Throughout this short webinar, we'll explore the impact of stress and anxiety through various examples and learn effective coping strategies. Participants will learn techniques to apply in everyday life to reduce stress levels, cope with anxiety in healthy ways, and enhance their sense of well-being. Register for our Stress and Anxiety to Wellness webinar today!

Need an Appointment? Book an Appointment Today!

Our therapists have extensive experience treating anxiety-related conditions, stress, low self-esteem, depression, and much more. We work with children ages four and up, teenagers, and adults of all ages. Contact our office at info@paloaltotherapy.com to get started.

Interested in additional Anxiety Relief?

Sign up for our Anxiety to Wellness Class Our 8-week Anxiety to Wellness classes will be offered starting in January. Our teen class will be starting Thursday, January 26th.

Our Adult classes will be starting Wednesday, January 25th. Visit our website at <https://www.paloaltotherapy.com/anxiety-group/> to sign up or call our office.

Webinar Fee: FREE

Audience:

This introductory presentation is designed for clients and individuals who are struggling with stress and anxiety.

REGISTER NOW
(650) 461-9026

<https://www.paloaltotherapy.com/stress-and-anxiety-webinar/>