



Leana West, LMHCA

253-432-2042

[leana@mindscapecounseling.org](mailto:leana@mindscapecounseling.org)

# MANAGING ANXIETY

*Adult Therapy Group*

## FOCUS:

- Development of coping skills.
- Skill enforcement through interaction.
- Social skills development and support.
- Opportunity for live feedback and accountability.
- Normalizing anxiety's presence and reinforcing it as a common human experience.

## LOCATION:

Virtual platform; must have reliable Wi-Fi and applicable device to join Google Meet

## MEETING TIME:

Every Saturday from 11am-Noon

## CALL OR EMAIL TO REGISTER:

[info@mindscapecounseling.org](mailto:info@mindscapecounseling.org)

**(360) 360-0334**

**RSVP by March 16, 2025**

to reserve your spot.