



**FREE  
WORKBOOK**

# **GROUP: MANAGING YOUR ANXIETY**

*Do you struggle with Anxiety? Do you wish you had ways to cope and manage your anxiety? Is anxiety interfering with your success?*

**Call Counseling Services at**

**+1 (607) 778-5210**

**or email Melissa Martin at**

**[martinmm2@sunybroome.edu](mailto:martinmm2@sunybroome.edu)**

Counseling Services is hosting an 8-Week Psychoeducational group to help students work through their anxiety and gain coping skills to use throughout their life to help manage their symptoms and support their success.

Participants will receive a FREE Workbook, work within a confidential setting and have access to personal counseling after the 8 weeks. Space is limited. Call for more information and/or a screening for eligibility.

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**We look forward to hearing from you!**