Trinity Counseling Service

Managing Anxiety
A Six-Week Workshop

5:00 p.m. - 6:30 p.m.
Wednesdays, November 4 & 11
Tuesdays, November 17 & 24
Wednesdays, December 2 & 9
22 Stockton Street, Princeton NJ

Insurance Accepted or $25 per session

• Learn effective coping skills and mindfulness techniques to assist in managing the symptoms of anxiety
• Gain support from others experiencing similar feelings in a safe and supportive environment
• Explore and process feelings and triggers for anxiety

Facilitator: Kelly Rosenberg, LPC

Interested? Please call TCS at 609-924-0060 to schedule a brief phone appointment