

Support Group for Friends & Family of Individuals with Anxiety Disorders

If someone you care about has been diagnosed with an anxiety disorder at any age, and you are looking for better ways to help them, as well as manage your own response to their illness, then this group may be for you. **This is a free group open to the community!**

The aims of this group are to:

- Provide an opportunity for parents and other adult family members, partners, and friends of individuals with an anxiety disorder to meet and talk with others whose lives are similarly affected.
- Provide accurate information about and improve understanding of anxiety disorders and its treatment.
- Encourage group participants to share ideas about practical ways of coping with living with someone with an anxiety disorder.

Where: Kansas City Center for Anxiety Treatment (KCCAT)
10555 Marty Street, Suite 100
Overland Park, KS 66212

When: 3rd Saturday of Every Other Month
(Jan, Mar, May, July, Sep, Nov)
10:30 AM – 12:00 PM

Professionally facilitated by KCCAT staff.

Please RSVP prior to attending.

**For questions, or to register, please call us at:
(913) 649-8820 x 117
or email groups@kcanxiety.com**

This support group is offered free of charge and is open to adult family members and friends of individuals with anxiety disorders. Childcare is not available.