



ANXIETY TREATMENT GROUP FOR ADULTS

COGNITIVE BEHAVIORAL THERAPY (CBT) INFORMED

We are excited to announce an 8-week anxiety treatment group for adults with a variety of anxiety-related difficulties. The group covers education about anxiety, challenging anxious thoughts, facing anxiety-provoking situations, and skills for maintaining success.

DETAILS

- **WHO:** Individuals 18+ years old who struggle with anxiety
- **WHEN:** Mondays (starting September 18th, 2023) from 6:00 - 7:30 PM
- **WHERE:** KCCAT; 10555 Marty St., Suite 110, Overland Park, KS 66212
- **COST:** \$75 per session (8 sessions total)

HOW DO I GET STARTED?

Visit kcanxiety.com/getstarted or call (913)-649-8820 ext. 1 to complete a New Patient Referral Screen. Indicate in the screen you would like to be considered for the Anxiety Treatment Group.