

# 8-week Adult Anxiety

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Anxiety is a normal part of life. It often presents itself during difficult life transitions, periods of stress or burn-out, and even at times when the source of anxiety is hard to identify. Sometimes it can become too much to handle on our own, especially if it begins to affect our well-being.

The Portland Clinic is offering an 8-week supportive, educational, and free Adult Anxiety Group. Together in this group we'll explore what anxiety is, how we're each affected by it, and learn skills we can put into practice to help each of us manage and overcome our own anxiety.

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## **Group members will learn about:**

- Anxiety and how this impacts individual people
- Coping skills and exercises to reduce anxiety
- Goal-setting and making an anxiety action plan
- Self-care when addressing anxiety
- Giving and receiving support

**When:** Wednesdays, April 17 – June 5, 5:00 – 6:15 p.m.

**Where:** The Portland Clinic Beaverton, 15950 SW Millikan Way, Beaverton, OR 97003

**Who:** Clinic patients 25+ years of age who have anxiety as a primary mental health concern. Maximum 8 participants.

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Please call Laken Wanzenried, LCSW, at 503-646-0161, ext. 6065 for more information.

**Please note:** Your chart will be reviewed for screening.

A waitlist will be available if needed.