



STRESS & ANXIETY THERAPY GROUP

Do you feel overwhelmed by stress,
constant worry, or racing thoughts?
Take a step toward calm, clarity,
and connection.

When:

Via zoom Saturday
mornings for 6 weeks
Max 6 participants 18+

Cost:

\$40/session

Contact us:

925-967-4201 or
valeriaventuramft@gmail.com

Website:

<https://valiantpathca.com>



Learn to build
resilience and
confidence



Learn practical
coping strategies
for stress &
anxiety



Practice
mindfulness and
grounding
techniques

**Led by: Valeria Ventura,
M.A. LMFT.**