



The Intensive Anxiety Clinic



The Adolescent & Adult IAC are *intermediate* levels of care that teach how to apply the basic skills needed to lead a fuller, more enjoyable life.

Are you or someone you know . . .

- worried about being around or talking to people?
- overly concerned with what others may be thinking?
- rigid and needing things to go a certain way in order to feel ok?
- having a hard time getting to, arriving late, or feeling like you can't make it through school, work, sports or other important activities?
- feeling "on edge" all the time?
- having troubling physical symptoms - bouts of crying, difficulty breathing, shaking, fidgeting, stomach aches?
- experiencing racing thoughts or obsessive thoughts?

If so, this may be a sign of heightened anxiety.

Call/Text (630)526-3030

Vital Living Wellness Solutions
127 S. 1st Street, Suite 101
Geneva, IL 60134

Clinic Includes:

- * **Comprehensive Intake Appointments to set customized goals**
- * **20-Week Curriculum focused on emotion management**
- * **Dialectical Behavior Therapy (DBT)**
- * **Acceptance and Commitment Therapy (ACT)**
- * **Weekly Groups (1.5hr)**
- * **Weekly Parent Reports & Monthly Multi-Parent Groups (Adolescents)**
- * **Collaboration with Support Team**

www.VitalLivingWS.com