



The Intensive Anxiety Clinic

For College Students & Young Adults

The Young Adult IAC is an *intermediate* level of care that teaches how to apply the basic skills necessary to lead a fuller, more enjoyable life.

Are you . . .

- 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, being late, or feeling like you can't make it through school, work or other important activities?
- worried or "on edge" all the time?
- having bouts of crying, shaking, fidgeting, stomach aches?
- experiencing racing thoughts or obsessive thoughts?

If so, you may be experiencing heightened anxiety.

Call (630)526-3030

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

Clinic Includes:

- * Comprehensive Intake Appointments to set customized goals**
- * 20-Week Curriculum focused on anxiety management**
- * Dialectical Behavior Therapy (DBT)**
- * Acceptance and Commitment Therapy (ACT)**
- * Weekly Group (1.5 hr)**
- * Optional Monthly Multi-Parent Groups**

www.VitalLivingWS.com