


STRESS & ANXIETY SUPPORT GROUP

STARTING JULY 2026
DAY/TIME TBD

Join a supportive space to talk openly about stress and anxiety, learn practical coping tools, and connect with others facing similar challenges. This group focuses on managing daily stressors and building skills for emotional balance and overall well-being.

Who Can Join? Adults (18+) experiencing stress, anxiety, or feeling overwhelmed in daily life.

VEEMAH CONSULTING
COMMUNITY MENTAL HEALTH ORGANIZATION





 (763) 202-4767

 7070 Brooklyn Boulevard
Brooklyn Center, MN 55429

 WWW.VEEMAH.COM



WHAT TO EXPECT:

-  **Open and guided discussions**
-  **Practical coping strategies and relaxation techniques**
-  **Skill-building for managing triggers and overwhelm**
-  **Peer support in a safe, judgment-free space**

Location:

7070 Brooklyn Boulevard
Brooklyn Center, MN 55429

Facilitator: Ursula Swaray, MA /
Rotating Qualified Staff

To Register or Learn More:

Call (763) 202-4767
or visit VEEMAH.COM