

Program Details:

Duration: 5 Weeks

Dates: Every Tuesday Night

Time: 6:00 PM – 7:00 PM

Location: 410 Evelyn Drive Columbia SC 29210

Start Date: June 18th 2024

End Date: July 16th 2024

What You Will Learn:

Week 1: Introduction to Neuroplasticity & Understanding Anxiety

Week 2: Identifying Stress Triggers & Cognitive Restructuring

Week 3: Building Resilience & Emotional Regulation

Week 4: Mindfulness & Meditation Techniques

Week 5: Developing Long-Term Strategies & Maintaining Progress

Program Highlights:

Limited Group Size: Only 12 participants to ensure personalized attention

Expert Guidance: Led by LAURA J MILLER, LISW-CP, MAC, CCATP

Interactive Sessions: Engaging activities and practical exercises

Supportive Environment: Safe space to share and grow with peers

Benefits of Joining:


Reduce anxiety level

Enhance your understanding of how the brain works

Learn practical tools to manage stress

Develop healthier thought patterns

Improve overall well-being

 **Call:** 803-216-0850

 **Email:** appointments@barnabashealthcare.com

 **Website:** www.barnabashealthcare.com