

**Program Details:** Anxiety is Just a Symptom of an Irritated Amygdala

**Duration:** 5 Weeks

**Dates:** Every Tuesday Night

**Time:** 6:00 PM – 7:00 PM

**Location:** 410 Evelyn Drive Columbia SC 29210

**Start Date:** We rotate the start dates, please call the office or refer to the website

**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](mailto:appointments@barnabashealthcare.com)

 **Website:** [www.barnabashealthcare.com](http://www.barnabashealthcare.com)