

Virtual Group Counseling For Anxiety



Group co-leaders:

Christine Lowe, M.A. LPC,
NCC, C-DBT

Alison Bals, CT,
Intern

Are you feeling overwhelmed by anxiety? You're not alone!

Join our supportive group counseling sessions designed for adults seeking to manage anxiety and improve their well-being.

What to expect:

- Safe & Supportive Environment: Connect virtually with others who share similar experiences and challenges.
- Guided Discussions: Share your experiences and learn coping strategies.
- Expert Facilitation: Led by licensed counselors with experience in anxiety management and skill building.

We integrate evidence based modalities, including:

- Dialectical Behavior Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Narrative Therapy
- Schema Therapy

To learn more and sign up, please contact us. Accepted insurance listed on website.



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Don't let anxiety control your life. Take the first step toward feeling better today!