



Overcome Anxiety Together: Group Therapy

Are you tired of feeling overwhelmed by anxiety? Do racing thoughts and constant worry dominate your day? You're not alone. Join our supportive community and embark on a journey towards peace of mind.

Location	Date and Time	Cost
Gateway Health Wangaratta	Wednesdays 10 April - 29 May 2024 11.30am - 12.30pm	\$5 for the entire program

Contact us

For enquires and to register your attendance please email psychologyclinic@gatewayhealth.org.au.

This information is current as at 13 March 2024 and subject to change. Visit our website or get in touch to confirm current information and fees.



Interpersonal Therapy Group

What to expect?

Weekly Sessions: Guided by experienced therapists, delve into strategies to manage anxiety effectively.

Peer Support: Connect with others facing similar challenges, share experiences, and learn from one another.

Evidence-Based Techniques: Explore proven methods such as cognitive-behavioral therapy (CBT), mindfulness, and relaxation techniques to regain control over your anxiety.

Personal Growth: Explore your inner strengths, develop coping mechanisms, and gain insights into your anxiety triggers.

Safe Space: Experience a confidential and non-judgmental environment where you can express yourself openly and gain insights into your anxiety triggers.

Register now!

Reserve your spot today and take the first step towards a calmer, more fulfilling life!

gatewayhealth.org.au



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health**

People living well