



Coping Tools Workshop for Anxiety or Depression

A five-session group meeting every other Monday 6:00 – 7p.m. via Zoom

Session Dates:

Week 1: September 21

Week 2: October 5

Week 3: October 19

Week 4: November 2

Week 5: November 16

Cost:

\$70.00 for all 5 sessions. Insurance is not accepted for this group and no refunds will be given for missed sessions. Payments can be made on our website by going to [cdpcc.org/Resources/Pay my Bill](http://cdpcc.org/Resources/Pay%20my%20Bill). Please indicate the name of the workshop or group you are paying for in the “client name” field.

Discover new ways to relieve stress and anxiety in a supportive group environment. Coping tools may include mindfulness, self-compassion, and deep-breathing and will be practiced during each session using experiential exercises. The group will be led by Courtney Chapin, MA of the Central DuPage Counseling Pastoral Center. Participants will receive login information once registered.

Space is limited. Pre-registration and payment are required by Sept. 21

Call Donna @ 630-752-9750 x10



www.cdpcc.org

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