



Adult Support Group for Anxiety and/or Depression

A five-session group meeting every Tuesday 5:00 – 6p.m. via Zoom

Session Dates:

Week 1: February 16

Week 2: February 23

Week 3: March 2

Week 4: March 9

Week 5: March 16

Cost:

\$70.00 for all 5 sessions. Please register by using the QR code, or by going to cdpcc.org/events. Scholarship money is available for those who are in need. If you would like to request a scholarship for this event, please contact Donna at 630-752-9750 x10. Insurance is not accepted for this group and there are no refunds for missed sessions.

Discover new ways to relieve stress, anxiety, and depression 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 February 12

Call Donna @ 630-752-9750 x10 or register online



www.cdpcc.org

507 Thornhill Drive • Carol Stream, Illinois 60188 • 630.752.9750

Click or Scan to register

