

FOR ADULTS IN WASHINGTON

**THOMAS MATYSIK
RAY POWER
(GRADUATE CLINICAL
INTERNS)**

**FACILITATED UNDER THE
SUPERVISION OF LICENSED
CLINICIANS**

ANXIETY & GOALS GROUP

A SUPPORTIVE, SKILLS-BASED GROUP TO HELP YOU REACH YOUR GOALS, EVEN WHEN ANXIETY SHOWS UP

Join a therapist-led group designed to help participants work toward personal goals in spite of feeling anxious, through practical skills in seven 90-minute virtual sessions.

WHAT YOU WILL LEARN:

- How anxiety works, and why it shows up
- Noticing when anxiety pulls you off course
- Clarifying what matters most to you
- Mindfulness & grounding skills
- Unhooking from anxious thoughts
- Taking real steps toward your goals



COST

**INSURANCE ACCEPTED.
SELF-PAY OPTIONS AVAILABLE.**

START DATE

JANUARY 11 2027

VIRTUAL VIA ZOOM • HOSTED BY BALANCED LIVING THERAPY LLC

MONDAYS • 7 WEEKS

5:30 TO 7 PM

TO SIGN UP: Talk with your therapist or call/email our front desk at 425-977-4988 or frontdesk@balancedlivingtherapy.com

www.balancedlivingtherapy.com