



Anxiety & COVID-19 Support Group

Participate from home

Facilitated by Natalie Bowers, LMSW

Sessions start Monday, May 18.

Who: Adults 18+ experiencing anxiety

When: Mondays, 4-5 p.m.

Where: Secure Video Conferencing

You will receive a link to participate after registering.

Living with Uncertainty: Coping with Anxiety & COVID-19 Group

Has the COVID-19 pandemic made your anxiety worse? You are not alone – and help is available.

Join us for an **8-week online support group** on how to cope with COVID-19 anxiety, led by a licensed social worker.

During this support group for adults, we will explore:

- What anxiety is and what can trigger anxiety
- Tips for incorporating stress and relaxation
- How to use mindfulness and cognitive behavioral therapy strategies
- Tactics for addressing grief and loss

You will learn how to:

- Develop a coping skill toolkit
- Create a self-care plan
- Implement gratitude practices

Inquire about other groups we are offering: Anger Management Therapy; Coping Skills; and Parenting Strategies and Stress Management during COVID-19 Therapy.

Contact us at 301-663-8263 ext. 224 to learn more and register.

Participants with Maryland Medicaid are welcome.



Sheppard Pratt