

# ANXIETY SKILLS AND SUPPORT GROUP

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*Feeling extra stressed? Having difficulty coping?  
Looking to connect with others and share your experience?*

Like many of us, you may find yourself in need of a little extra support these days. This is a group designed for anyone feeling overwhelmed by anxiety and uncertainty and wanting to practice new ways of managing distress within a community of people experiencing something similar.



We are offering a safe, nonjudgmental space to connect with people experiencing anxiety and explore the impact on your health, relationships, families, and employment. This virtual group will meet for five weeks - each session will teach a new skill for managing anxiety, and provide time for practice, process, and support. Examples of group topics include better understanding how anxiety impacts your brain and body, looking at the impact of isolation and connection, and ways to challenge negative thoughts.

**Mondays starting in August      12:30pm      \$375 for a 5-week group**

We would be delighted to speak with you about our group. Contact Molly at **202-207-6203** [molly@mollymilgrom.com](mailto:molly@mollymilgrom.com) or Tracy at **202-810-4518** [tthomas@thrivetherapydc.com](mailto:tthomas@thrivetherapydc.com).