

INTERESTED IN THIS GROUP?  
CONTACT MERIBETH FOR  
MORE INFORMATION.

## ANXIETY THERAPY GROUP

Sign up  
at  
[www.meribethrobinson.com](http://www.meribethrobinson.com)

### Do you suffer from anxiety?

No one should live with painful shyness, constant worry, panic, or the harmful affects of stress. This Anxiety Therapy Group is designed to help participants reduce their anxiety, have a better connection to their body and live more confidently with a greater peace of mind. Meribeth Robinson will lead a group of 8 to 12 adults for eight weeks.

- One day a week for an hour and a half
- \$35.00 per meeting, \$270.00 for all 8 weeks
- Closed group, min 6 session participation
- Must be at least 18 years old

#### For more information contact:

**Meribeth Robinson, MA, LMFT**

**336-830-5040**

**[mb@meribethrobinson.com](mailto:mb@meribethrobinson.com)**

worry  
fear  
nervousness  
**anxiety**  
concern  
shyness  
panic  
stress