

## Overcoming Anxiety Registration Form

Complete this form and return to  
Franciscan Life Center by  
Thursday, April 13, 2017

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Email \_\_\_\_\_

Referring Physician: \_\_\_\_\_

*The Franciscan Life Center is a nonprofit multi-disciplinary human service agency founded by the Franciscan Sisters of the Eucharist in 1974. For over 40 years, the staff has been providing professional services and programs supportive of growth and healing as well as enrichment of marital and family relationships.*

**Directions:** The Franciscan Life Center is located at 271 Finch Avenue on the Meriden/Cheshire line.  
**From I-91:** I 691 West to Exit 4. Left onto West Main Street. Right onto Gwen Road. Right onto Johnson Avenue. Left onto Finch Avenue.  
**From I-84:** I 691 East to Exit 4. Right onto West Main Street. Right onto Gwen Road. Right onto Johnson Avenue. Left onto Finch Avenue.



## *Overcoming Anxiety*

A program presented  
by the:

**Franciscan Life Center**

271 Finch Avenue  
Meriden, CT 06451

203-237-8084

[www.flcenter.org](http://www.flcenter.org)





*Anxiety* is a common human feeling that we all experience at some time in our lives. Many of us feel anxious, or nervous, when faced with stress, difficult situations or challenging decisions. When our levels of anxiety, worry and fear, however, begin to interfere with day to day life, it is time to develop more effective ways to manage our anxiety and restore a healthier emotional balance.

*Overcoming Anxiety* is a six (6) session psycho-educational program designed to provide you with the basic tools for managing anxiety more effectively. The seminar is based on the principles of Cognitive-Behavioral Therapy, a highly effective therapeutic method for anxiety reduction. The program will cover:

- the biology of fear and anxiety
- the psychological roots of anxiety reactions
- controlled breathing and relaxation techniques
- thinking patterns that trigger anxiety and how to change those patterns
- building self-esteem
- assertive communication

The program runs for six (6) consecutive Tuesday evenings in an engaging, enjoyable format. Individuals age 16 years or older are welcome.

*Overcoming Anxiety* is facilitated by Dr. Thomas Finn, a licensed psychologist with over 35 years of experience in treating anxiety conditions with Cognitive-Behavioral Therapy.

*“Dr. Finn gave me practical tools to deal with my daily situations of anxiety.”*

Former Participant

*“The most profound lesson I learned was that so many of my thoughts were ‘automatic thoughts’ based on unrealistic beliefs. Once I began to deal with more realistic thinking and became conscious of my patterns I started to move in a new, more positive and healthy direction. The experience of this class changed my life.”*

Former Participant

*“Dr. Finn provides techniques and exercises that have changed the way I think about myself and the world. I would highly recommend his class to anyone who is looking for help coping with anxiety.”*

Former Participant

**Cost:** \$40.00 per session

**Dates:** Tuesdays – April 18, 25, and May 2, 9, 16, and 23, 2017

**Time:** 7:00 - 8:30 pm

**Location:** Franciscan Life Center Campus  
The Chiara Center  
Seminar Room  
275 Finch Avenue  
Meriden, CT 06451

**Telephone:** 203-237-8084

**Registration:** Complete the form and return to the Franciscan Life Center or reply by email to [rgg@flcenter.org](mailto:rgg@flcenter.org).

Registration forms are also available at: [www.flcenter.org](http://www.flcenter.org).