

# Overcoming Anxiety

A program presented by

Thomas Finn, Ph.D.

and



the Franciscan Life Center:

Do you, or someone you know and love, suffer with anxiety? Would you like to learn more about how to handle it? **We can help!**

The Franciscan Life Center is offering a six-week educational program for adults and teens who are 16 years of age and older. Dr. Thomas Finn, clinical psychologist on staff, will present cognitive-behavioral anxiety management strategies, including:

understanding the biology of fear and anxiety

controlled breathing and relaxation techniques

the psychological roots of anxiety reactions

assertive communication

thinking patterns that trigger anxiety and how to change those patterns

## Program Details

- Cost:** \$40.00 per session
- Dates:** Thursdays  
April 16, 23, & 30, 2020  
May 7, 14, & 21, 2020
- Time:** 7:00 pm - 8:30 pm
- Location:** The Chiara Center  
Seminar Room  
275 Finch Avenue  
Meriden, CT 06451

For more information or to register, please call 203-237-8084 , e-mail [events@flcenter.org](mailto:events@flcenter.org), fax 203-639-1333, or visit [flcenter.org](http://flcenter.org)