

# Overcoming Anxiety

## Registration Form

please return this form to the  
Franciscan Life Center by  
Thursday, March 29, 2024

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Best Phone Number:

Cell \_\_\_\_\_

Home \_\_\_\_\_

Work \_\_\_\_\_

Email \_\_\_\_\_

Referred by: \_\_\_\_\_

**Register Today** by mail, fax, or email to

**271 Finch Avenue  
Meriden, CT 06451  
(f) 203-639-1333  
smc@flcenter.org**

Additional registration forms are also available  
at [flcenter.org](http://flcenter.org).



## Overcoming Anxiety

is facilitated by Dr. Thomas Finn, a licensed  
psychologist with over 40 years of experience  
in treating anxiety conditions with Cognitive-  
Behavioral Therapy (CBT).

*“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

## Directions

The Chiara Center is located at 275 Finch  
Avenue on the Meriden/Cheshire line.

**From I-91:** I-691 West to Exit 5. 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 5. Right onto  
West Main Street. Right onto Gwen Road.  
Right onto Johnson Avenue. Left onto Finch  
Avenue.



# Overcoming Anxiety

A program presented by

**Thomas Finn, Ph.D.**

and



271 Finch Avenue  
Meriden, CT 06451  
203-237-8084  
[flcenter.org](http://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. However, when our levels of anxiety, worry and fear 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 (CBT), a highly effective therapeutic method for anxiety reduction.

The program will include topics such as:

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


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

 **Cost:** \$50.00 per session


 **Dates:** Thursdays  
April 11, 18, 25, 2024  
May 2, 9, 16, 2024

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

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

 **Telephone:** 203-237-8084

 **Fax:** 203-639-1333

 **Email:** [smc@flcenter.org](mailto:smc@flcenter.org)

The **Franciscan Life Center** is a nonprofit multi-disciplinary human service agency founded by the Franciscan Sisters of the Eucharist in 1974. For over 50 years, the staff has been providing professional services and programs supportive of growth and healing as well as enrichment of marital and family relationships.

Frequently asked questions:

1. Do I have to come to all of the sessions? Attendance at each session is recommended for the best learning outcomes, but, if a session is missed, you can still receive that class's materials.

2. May I bring a friend or family member? Yes. Sometimes it is easier to come with someone else. Both participants would still register and pay the full session fee.

3. Do I have to pay in advance? Payment is due at or in advance of each session that you attend.

4. Is the program covered by insurance? If you are already a client at the Franciscan Life Center, your insurance may cover some of the cost BUT you should check your co-payment amount with our business office.

If you are not currently a client at the Franciscan Life Center, you will not be able to receive insurance reimbursement.