

Overcoming Anxiety

Registration Form

please return this form to the
Franciscan Life Center by
Thursday, March 20, 2025

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.



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.

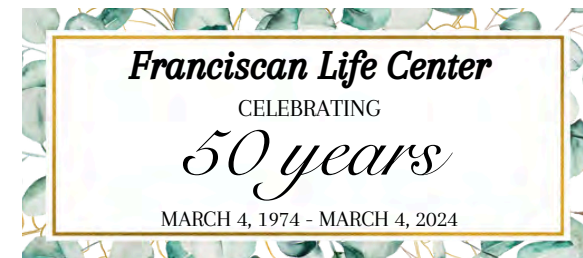


Overcoming Anxiety

A program presented by

Thomas Finn, Ph.D.

and



271 Finch Avenue
Meriden, CT 06451
203-237-8084
flcenter.org

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) Wednesday evenings, in an engaging, enjoyable format. Individuals age 16 years or older are welcome.

 **Cost:** \$50.00 per session


 **Dates:** Wednesdays
March 26, 2025
April 2, 9, 16, 23, 30, 2025

 **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

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 the materials of that class.

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 please 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.