

ANXIETY SUPPORT GROUP

Catholic Charities' Counseling ministry is pleased to sponsor a support group for individuals who experience anxiety. The anxiety support sessions will be a safe and supportive environment to offer comfort and connection with others, as well as practical tools to help with healing and maintaining recovery from anxiety. The support group is free of charge and open to individuals of all faiths and backgrounds.

Things that will be covered in these sessions include:

- Learning the different types of anxiety disorders
- Tools to cope with anxiety
- Making adjustments
- Treatment planning and recovery

Benefits of participating in a support group may include:

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving skills to cope with challenges
- Staying motivated to manage chronic conditions or stick to treatment plans
- Gaining a sense of empowerment, control or hope
- Improving understanding of a diagnosis and your own experience with it
- Getting practical feedback about treatment options
- Learning about health, economic or social resources

The Anxiety Support Group will be held at Catholic Charities' Dubuque office, 1229 Mt. Loretta Ave, on Wednesday evenings from 5:00-6:30. For more information or to register please contact Todd Ostwinkle, Counselor, at t.ostwinkle@dbqarch.org or 563-588-0558.

"Dear Father, I admit that I often forget that you are with me. I often forget what you're like. Would you please forgive me for that? I need to get to know you better. I need to get to know your Word and your promises better. Help me to put you first in every area of my life. Help me to live one day at a time. Help me to not worry about tomorrow but instead focus on what you're doing in my life right now. I want to trust in your promise to take care of every one of my needs — financial, relational, physical, social, spiritual, and emotional. Help me to trust you more and worry less. I pray in Jesus' Name. Amen."

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7