

# MANAGING MOODS:

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## Anxiety and Depression Support Group

### WHAT IS IT?

A group for individuals looking for tools to help them navigate symptoms of anxiety and/or depression that may be interfering with their daily lives.

### WHO IS IT FOR?

Adolescents and young adults ages 16-24

### WHAT YOU WILL LEARN

- Cognitive Behavioral Therapy (CBT) techniques
- Causes, triggers, and symptoms of mood disorders
- Strategies and coping skills to better manage anxiety and depression

**Facilitator:**  
Self Love Therapist  
Dr. Emily Stewart, LICSW



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### GROUP DETAILS

Virtual sessions  
Thursdays 5:30-6:30pm  
Group runs for 8 weeks  
Insurance and self-pay options



### INTERESTED IN JOINING?

Email Emily at [emilyselflovetherapyllc@gmail.com](mailto:emilyselflovetherapyllc@gmail.com)

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