## **MANAGING MOODS:**

### SELF LEVE therapy

# 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.

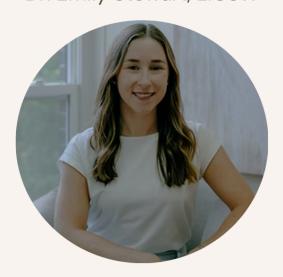
#### WHO IS IT FOR?

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



#### **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