



Overcoming Anxiety and Depression Therapy Group

Do you want to learn more about depression and anxiety as well as discover ways to cope better with them? Pine Rest offers supportive group therapy for adults who wish to process and overcome some of the challenges that come with living with depression, anxiety or other mood regulation problems.

This group may be appropriate if you:

- Are looking for information about daily skills to manage anxiety and depression
- Would like to connect with others who have similar struggles
- Have been struggling with mental health concerns to the point where you and your therapist have discussed additional supports outside of individual therapy

You can expect to learn how to:

- Increase positive activities in your daily life
- Address negative thought patterns
- Have healthy communication and boundaries with others
- Better manage stressors in your life
- Maintain a healthier lifestyle and routine
- Improve diet, nutrition and sleep habits
- Manage loss, grief, guilt, and shame

New group members are welcome to join at any time.

When

For exact dates and times visit
pinerest.org/anxiety-and-depression

Location

Virtual only.

Payment

Most insurance accepted
Ask if you qualify for financial assistance

Registration

Talk to your Pine Rest therapist
or psychiatrist to enroll



pinerest.org/anxiety-and-depression