

Anxiety Depression Support Group (Plainville)

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Location **Connecticut**
<https://www.genclassifieds.com/x-752568-z>

QR Code Link to This Post If You Are Struggling With:

- o Stress and Tension
- o Anxiety
- o Panic
- o Depression
- o Fatigue
- o Insomnia
- o Worry
- o Fears
- o Anger
- o Obsessions
- o Compulsions
- o Feeling Helpless or Hopeless
- o Other Emotional Problems

Recovery International can help you to help yourself!

Help yourself manage depression, anxiety and other emotional problems with this long-proven cognitive-behavioral method from non-profit Recovery International. Learn and practice this highly effective self-help method at open weekly meetings. Recovery is a volunteer-run organization, and you are welcome at any meeting. Participation and donations are strictly voluntary.

The Recovery method is a combination of many self-help practices and techniques. Co-facilitator presenters lead and guide members learning to change how they react to life. People are empowered as they learn to take control over their lives. They also learn to identify and manage negative thoughts, feelings, beliefs and behaviors that can lead to emotional distress and stress-related physical problems. The techniques are learned through regular and consistent meetings. Studying the Recovery literature is optional practice.

Learn more about Recovery at <http://www.recoveryinternational.org>

Our program is designed to work in conjunction with professional mental health services. Recovery International is not affiliated with any religion or belief system, and is operated entirely by non-professionals.



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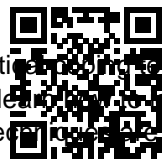
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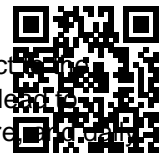
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Meetings are held weekly. There is no required fee, and no reservations are necessary. Just show up!

PLAINVILLE

Sun 5:00pm

First Congregational Church

Corner Church & W. Main (Rte 372)

(Meetings held 2nd and 4th Sunday of month)

Local Contact