

# Anxiety Support Group (Support Group Newton)



Location **Massachusetts**  
<https://www.genclassifieds.com/x-630157-z>

This group is designed to offer a place where people with common interests and experience can meet. People who have been through, or are going through, a similar circumstance can do more than sympathize with you, they can relate to what you are going through and keep you from feeling alone. Anxiety can become overwhelming and having a structure where you can get support, along with offering others support is a very important step in overcoming this struggle, This group is facilitated by someone who has overcome anxiety, and teaches others how to create coping skills with the hope that they too can enjoy a more fulfilling life.Â

This group is free, and meets on the first Monday of the month at 6:30pmÂ  
I also offer individual coaching sessions.

Please call if you are interested in attending our free support group:

Website: [ucanbfearfree.com](http://ucanbfearfree.com)Â

-----> PLEASE FORWARD ALL Emails to: ;-----

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