



# The Anxiety Toolkit Group

**FACILITATOR: ENRIQUE SILVA, LCPC**  
**LICENSED CLINICAL PROFESSIONAL COUNSELOR**

This group weaves together various elements for students to learn about, and support one another around experiences of anxiety.

Topics that will be covered include awareness, insight, and cognitive behavioral theory in addition to students learning more about grounding, self-compassion, and cognitive restructuring during this 7 week group.

**Starts: Week of Sept 22nd**  
**Meets: Thursdays @ 4:00 pm**  
**Lincoln Park Campus**

**Want to Sign Up?**  
**Scan the QR code & Click**  
**"Book a Group Screening"**

