ANXIETY SUPPORT GROUP

MAGIC VALLEY FELLOWSHIP HALL

801 2nd Ave. N. Twin Falls, Idaho

Do you suffer from anxiety, panic attacks, or depression?

Then this support group may be for you…….This group is where we share our experiences, strengths, and hopes with one another. You will be educated on the signs, symptoms of anxiety and depression and will learn coping skills. We find that in sharing our struggles with one another, we can find ways to alleviate our major stressors and work through them together

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You will hear from a professional speaker who will talk about Anxiety and Dual Diagnosis on occasion.

If you are interested in attending this group, please **contact Cathy Shaddy at (208) 410-2768 or just show up.** This group meets on Thursdays from 6:00 to 8:00 pm. starting on November 1st at the Magic Valley Fellowship Hall 801 2nd Ave. North Twin Falls, Idaho.

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