

**Does anxiety impact your relationships and/or academic performance?**

**Do you find it difficult to control your anxiety?**

**Do you sometimes feel like your anxiety is controlling you?**



If you answered yes to any of these questions and would like to connect with others who experience similar challenges, as well as learn techniques for managing your anxiety, all in the safety of a confidential setting, you might consider joining the

## **Coping with Anxiety Together Group**

**2 sections of the group are offered: Monday or Tuesday Afternoons**

For more information contact the **Counseling Center** at **414-288-7172** and ask for **Angela Zapata** or **Leslie Skaistis** regarding the **Coping With Anxiety Together Group**.

**Don't Put It Off, Call Now! The Groups Starts SOON!**