

BETHESDA COUNSELING  
SERVICES PROUDLY  
PRESENTS

# RELIEVING STRESS & ANXIETY GROUP

LEAD BY KELCEI KELLY, LCSW-C

## GROUP GOALS:

- ★ *Understand what happens in the brain when we feel anxious*
- ★ *Practice calming techniques*
- ★ *Learn how to 'befriend' our stress*
- ★ *Develop social connections and normalize experiences*

***Who: High school girls (14-17)***

***What: A support group to understand how an anxious brain functions & gain management skills***

***When: June 5- July 17, every Wednesday at 6pm***

***Where: In person- 6505 Democracy Blvd Bethesda, MD 20817***

***Fee: \$75/session or pay in full at a reduced rate of \$455***

***To register: contact Michelle Lynn at  
admin@bethesdacounselingservices.com***