

Anxiety Support Group

Counseling and Testing Center

Carrington 311 836-5116

www.counselingandtesting.missouristate.edu

Do you feel nervous a lot of the time?

Does your nervousness interfere with classes, having fun with friends, dating?

Would you like help to feel less nervous and cope with the anxiety you feel?

If so, we have a group for you!

Purpose: To help students lessen their anxiety by providing support and education about coping skills and ways to manage anxiety symptoms.

When: Wednesdays 4:00-5:00 pm starting February 4, 2009

Where: Counseling and Testing Center Group Room

Fee: None

Who: Students currently enrolled at Missouri State

How: Come by our office between 8:00 and 4:00 Monday thru Friday and talk with a counselor about whether this group could be of help to you. No appointment needed for this first visit