

# TAME YOUR THOUGHTS

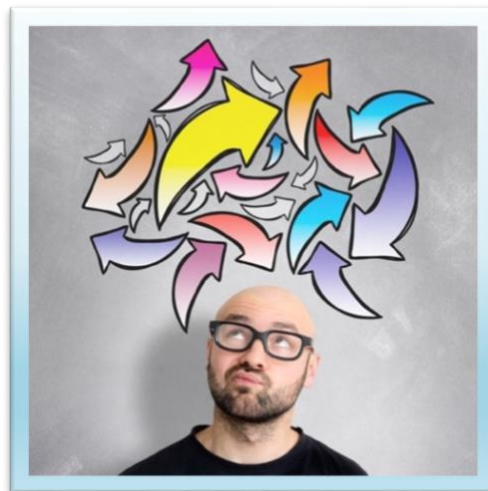
## Reduce Worry, Anxiety & Depression With Mindfulness & Cognitive Behavioral Therapy

**FALL GROUP BEGINS SEPTEMBER 18, 2020 AT 6PM-7:30PM**

The Tame Your Thoughts is a 10-week intensive program in a group setting that offers support and psychoeducation to **adults** who experience constant **worry, anxiety, depression** and struggle with **obsessive thoughts** that impact mood. This program is designed to provide emotional support in a group space while offering education and mindfulness tools to:

- + Learn about the relationship between your thoughts, anxiety and depression
- + Increase self-awareness and understanding of your own thinking patterns and beliefs
- + Create strategies and apply a variety of techniques/ exercises to manage thoughts
- + Learn new and positive ways to respond to stress and feel good again!

**The fee for the 10-week program is \$270 per person with a required commitment to attend at least 9 out of the 10 meetings. Non-refundable fee. Workbooks purchased separately, contact Diana for details.**



Contact Diana Harrington LMHCA [diana@healingindy.com](mailto:diana@healingindy.com) (317-800-7015) for a pre-screen, to register/pay at least two weeks prior to start of group. Space limited to 10. **\*Participants are encouraged to have concurrent individual therapy\*** Groups are held through a live ZOOM – HIPAA compliant platform.