

# OUTPATIENT GROUP THERAPY AT WHITTIER



## **COPING WITH STRESS & ANXIETY**

» **Wednesdays 5:30pm - 7:00pm**  
Session 1: **March 18 - April 8**

» **Tuesdays 10:00am - 11:30am**  
Session 2: **February 17 - March 10**  
Session 3: **May 26 - June 16**

» **Ages 21+ welcome**

## **COGNITIVE BEHAVIORAL GROUP THERAPY FOR DEPRESSION & ANXIETY**

» **Wednesdays 5:30pm - 7:00pm**  
Session 1: **April 22 - June 10**

» **Tuesdays 10:00am - 11:30am**  
Session 2: **March 24 - May 12**

» **Ages 21+ welcome**

**PLEASE CALL (978) 556-6230  
FOR MORE INFORMATION AND ACCEPTED INSURANCES**