



# Anxiety Reduction Group

*Worried? Stressed out? Feeling anxious?*

## Join this group to:

- Learn about anxiety, including where it comes from, and how to feel more in control
- Learn how anxiety can be both positive and negative
- Learn how you can lead a more relaxed life

## Group meets Wednesdays at 11:00 am

Cornell Scott-Hill Health Center  
Adult Psychiatric Clinic  
400 Columbus Avenue, New Haven, CT  
In the large group room

**Call 203-503-3075 for more information.**

Group led by Jenifer Baldwin, LCSW and  
Jason Black, LMFT



Cornell Scott  
Hill Health  
Center