



# Are you struggling with anxiety?

(Panic, OCD, Social Phobia or related disorders)

Want to learn how to more effectively manage anxiety  
and improve your quality of life?



## Cape CBI proudly offers this ~~FREE MONTHLY~~ ANXIETY SUPPORT GROUP

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Professionally led by our CBT experts  
Family members and loved ones welcome (18+)

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Meets the 3rd Tuesday of every month from 7-8pm  
at Cape CBI located at 704 Main Street, Falmouth

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Call us for more information or to let us know you will be joining us!

**508-457-3160**