

Do you want support dealing with  
**ANXIETY?**

Join us the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month  
7-8:30 pm

356 Biltmore Av. Suite 207 (upper level of bldg.)

Discussion topics:

*What is anxiety? How do we experience it?*

*How does anxiety affect our relationships?*

*How does anxiety affect our ability to function?*

*What has worked for us in coping with anxiety?*

*What are healthy coping mechanisms? Unhealthy ones?*

Fill out the form below and turn it in to the NAMI office,  
or email your contact info to [info@namiwnc.org](mailto:info@namiwnc.org),  
or call Becky Smucker at 828-231-2198, or just show up.

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I'm interested in participating in an Anxiety Support Group. Contact me at:

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NAME

\_\_\_\_\_  
PHONE

\_\_\_\_\_  
EMAIL