

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

Join us the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of each month  
starting Sept. 7, 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.

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

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NAME

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PHONE

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EMAIL