



## INTEGRATED PSYCHOTHERAPY FALL ~ UPCOMING WORKSHOPS

### **ANXIETY REDUCTION PROGRAM FOR ADULTS:** Tuesdays, 6-7:30 pm, 7 Weeks, \$155

Develop techniques to soothe anxiety, re-establish a sense of inner peace and balance and create more resilience. Each week you will learn a new set of effective and powerful tools. Participants will receive an E-Workbook. Workshop will be Virtual/Zoom. **Begins: Sept. 7**

### **ANXIETY REDUCTION FOR TEENS:** Wednesdays, 6-7:30pm, 6 Weeks, \$130

Provide your teens with powerful and effective tools to face anxiety and stress in their life. Teens will learn about the anxious brain and the impact on their emotions, thinking, and choices. Simple yoga, creative arts exercises, breathwork, and thinking tools will be woven into the program. Participants will receive an E-Workbook. Workshop will be virtual through ZOOM. **Begins: Sept. 1**

### **INTEGRATED HEALING JOURNEY:** Thursdays, 6-7:30pm, 8 Weeks, \$200

This is an advanced workshop to further your healing process. Whether you are healing from a broken heart, an eating disorder, divorce, or other traumatic event, this workshop will lead you through various themes: Grounded in the Earth, Resilience, Shame, Letting Go, Setting Limits. Yoga, Guided Meditations, and Creative Arts are woven through the program. Virtual Zoom Workshop. **Begins: Sept. 9.**

All workshops are facilitated by: Sherri Snyder, MA, LMHC, Art Therapist, Yoga Instructor  
REGISTER ON OUR WEBSITE: [www.IntegratedPsychotherapy.com/groups-workshops.html](http://www.IntegratedPsychotherapy.com/groups-workshops.html)