



Support Group for Friends & Family of Individuals with Anxiety Disorders

If someone you care about has been diagnosed with an anxiety disorder at any age, and you are looking for better ways to help them, as well as manage your own response to their illness, then this group may be for you.

This is a free group open to the community!

- An opportunity for parents and other adult family members, partners, and friends of individuals with an anxiety disorder to meet and talk with others whose lives are similarly affected.
- Get accurate information about and improve your understanding of anxiety disorders and treatment.
- Each meeting will have a particular topic of focus, professionally facilitated by a member of KCCCAT's staff.

Where: Virtually, using Google Meet
Please register for meeting link

When: First Thursday of Each Month
6:00 – 7:00 PM

Please RSVP prior to attending.

**For questions, or to RSVP, please call us at:
(913) 649-8820 (select option 5)
or email groups@kcanxiety.com**

This support group is offered free of charge, open to adult family members and friends of individuals with anxiety disorders. Childcare is not available.

www.kcanxiety.com