

UNDERSTANDING AND MANAGING ANXIETY & WORRY: A 4-SESSION EDUCATIONAL WORKGROUP

INSTRUCTED BY DR. REGINALD W. HOLT WITH CLINICAL PROFESSIONAL COUNSELING GRADUATE STUDENT



September 29 - October 20, 2026
Tuesdays | 11 AM - 12:30 PM



Central Community Health
Education Clinic

180 Paul Manafort Dr.,
New Britain, CT

Accessible via CTFastrak Bus Stop #144



Workshop Objectives

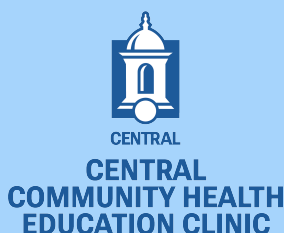
Participants will:

- Understand the cognitive-behavioral model of anxiety.
- Identify anxiety triggers and patterns.
- Recognize and challenge anxious thinking.
- Increase confidence in managing anxiety and worry.

CALL OR EMAIL TO REGISTER BY WEDNESDAY, SEPTEMBER 23

This no-cost, closed session course is limited to the first ten (10) registrants.
Participants are expected to attend all sessions until the conclusion of the course.

DISCLAIMER: This educational workgroup is not designed to diagnose, prevent, or treat any condition nor are the sessions intended as a substitute for professional healthcare services.



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