

# ***Anxiety & Stress Reduction***

## **A S U P P O R T G R O U P**

***This group will help you cope with social anxiety,  
worry, stress and other forms of anxiety.***

You'll learn to reduce stress through cognitive behavioral techniques, writing exercises, and relaxation techniques, including mindfulness meditation, hypnotherapy, guided imagery and autogenic training.

Beila Krow, M.A., MFT (#MFC25627) is a licensed Marriage and Family Therapist, hypnotherapist and teacher in private practice in Soquel. She has 40 years of experience working with individuals, couples, children and groups.

***Ongoing Weekly Soquel Group  
Sliding Scale, \$15-25 per session***

For more information, or to schedule a free interview, call:

Individuals  
Couples  
Children  
Groups



Counseling  
Psychotherapy  
Coaching  
Hypnotherapy

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