



The program is designed to help people suffering from a range of emotional problems to get well. The problems addressed include:

- *Anger*
- *Depression*
- *Anxiety*
- *Grief*
- *Fearfulness*
- *Broken or strained relationships*
- *Guilt*
- *Despair*
- *Obsession*
- *Negative thoughts or feelings*
- *Compulsive behavior*
- *Tension*
- *Loneliness*
- *Withdrawal*
- *Low Self- Esteem*

First Group on January 18th

EVERY WEDNESDAY @ 2.PM

280 STAFFORD ROAD PRINCE FREDERICK, MD