



MIND YOUR MIND

Managing Anxiety

Anxiety is a normal experience.

Everyone experiences feelings of anxiety from time to time. For so many of us, the demands of life can make experiencing anxiety more frequent.

You will gain support, understanding, and be heard by other folks who also live with anxiety.

Hope, Growth, Recovery, and Wellness is Possible!

THURSDAYS
10–11 am

Safe Haven
203 Bridge Street
Arroyo Grande
(805) 489- 9659

Please contact Safe Haven at (805) 489-9659



WELLNESS • RECOVERY • RESILIENCE