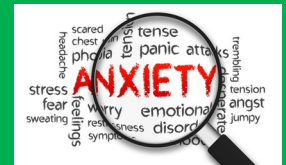


# Intro to Anxiety Disorders



*Anxiety is a normal human emotion that everyone experiences at times. Anxiety disorders, however, are different. They can cause such distress that it interferes with a person's ability to lead a normal life. For people with anxiety disorders, worry and fear are constant and overwhelming, and can be crippling.*

Come join us for this free workshop series where we will discuss the following topics:

- ◆ *The types of Anxiety Disorders*
- ◆ *The symptoms of an Anxiety Disorder*
- ◆ *Encouraging someone to seek help: reduce stigma and fear*
- ◆ *Safety and crisis resources*
- ◆ *Where professional help is available*

**Workshop provided by Carla Fry M.S., P.P.S.C.**

*This discussion is intended for informational purposes only and is not meant as medical advice or to replace consultation with a physician or mental health professional.*

*Para información en Español, por favor llame al 209-257-1980.*

## August Workshop Locations & Dates

**River Pines Town Hall**  
2290 Canyon Ave.  
River Pines, CA  
August 20, 2015  
9:30am - 11:30am

**Ione Family Resource Center**  
17 S. Buena Vista St.  
Ione, CA  
August 24, 2015  
9:30am - 11:30am

**Upcountry Community Center**  
19386 Hwy 88  
Pine Grove, CA  
August 26, 2015  
1:00pm - 3:00pm

**Camanche Lake Community Center**  
4240 Camanche Pkwy N.  
Ione, CA  
August 27, 2015  
2:00pm - 4:00pm

Please call 209-296-2785 for more information.

Please RSVP if you will need child care.

Upcoming monthly workshop topics include:  
September ~ Generalized Anxiety Disorder  
October ~ Obsessive Compulsive Disorder  
November ~ Post Traumatic Stress Disorder

