

Freedom from Anxiety

\$20.00

Free Childcare - pre-registration required

Anxiety can be crippling and rob us of our ability to be present and to enjoy life. The feeling of anxiety can be one of the worst in the world. It is like a swirling chase all throughout our brain and body.

Join in as we prepare to peel back the layers of anxiety in search of hope and healing. This may seem scary, but you are not alone.

Discussion includes:

- What is Anxiety?
- Your Anxiety Story
- Root Causes of Anxiety
- Truth and Lies
- Family of Origin & Wounds
- Processing your Wound
- Healing through Relationships
- Developing Emotional Awareness