



FREEING YOURSELF FROM ANXIETY

**Thursday evenings from 6:30-8 pm,
meeting every other week, starting on December 7**

\$75/session, payable in advance.

**For those individuals who pay for all 9 sessions
in advance \$75 will be deducted from the total cost.**

The Freedom From Anxiety Group will help people who are engaged in their life and have noticed perceptions of fear and anxiety holding them back in ways significant to them. The group will provide structure, support, psychoeducation, experiential skills building and a safe place for processing as tools to move from distress and avoidance into a life lived more easily and consistently with individual desires and values. Group sessions will include time for review of prepared materials as well as time to process as a group whatever issues come up for individual members that day. The group will be co-facilitated by Paul and Emily, will meet every other week from 6:30-8:00 pm at the Atlanta Center for Wellness, and will last for 8-9 sessions at a cost of \$75 per session. Pre-registration is required and the first session will be on December 7, 2017.

For more information, please contact :
Paul Olander at (404) 276-0034 or
paul.olander@comcast.net



**PAUL OLANDER
LCSW**



**EMILY WALL
LCSW**

Paul Olander, LCSW is associated with the Atlanta Center for Wellness as a psychotherapist and has served as a Director of Behavioral Health Services at a local hospital many years. Paul's primary clinical focus is on working with clients who have experienced difficulty in dealing with trauma and anxiety. Emily Wall, LCSW is currently the Day Services Coordinator for Skyland Trail, a recovery community in Atlanta. Emily works with individuals at the residential, day treatment, and outpatient levels of care to address anxiety, phobias, and obsessive compulsive disorder.



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