

Anxiety and Panic Attack Workshop

What's it about?

Steve Wodka, Psy.D., a Licensed Clinical Psychologist, conducts a monthly workshop to help individuals who suffer from panic attacks and anxiety.

The goal of the workshop is to learn ways in which to eliminate anxiety from your life!

What's the format?

No more than 10 people will attend, also suffering from anxiety and panic attacks. Participation is encouraged, but not mandatory.

What will I learn?

The following topics will be covered:

- Understanding symptoms and diagnosis of panic attacks.
- Recognizing causes of panic attacks and anxiety.
- Learning relaxations techniques and "anti-anxiety" tools.
- Developing strategies to control and eliminate anxiety and panic attacks.

How do I register?

This is a monthly workshop, held from 6 pm to 7:15 pm in the Schaumburg office on the last Thursday of each month. The cost is \$20. Please register with Paula at 847 413 9700 x 300.

Stop avoidance from ruling your life!