

# **Creative Coping with Anxiety**

**Led by: Miriam Andersen &  
Madalyn Renfrow**

**6 weeks, Thursdays,  
9:30-11am, Oct. 26-Dec. 7**

**Participants will learn how anxiety  
impacts emotions, thoughts, body, and  
relationships as well as developing  
creative coping skills for relieving  
anxiety symptoms.**

**COST IS \$25-65 AND FINANCIAL HARDSHIP  
IS AVAILABLE**

**TO REGISTER, GO TO  
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