



Anxiety Support Group for College Students

This (virtual) group provides a safe space for college students to get support while learning how to manage anxiety and navigate the challenges of college life.

Facilitated by Dr. Jennifer Bradtke, an experienced psychologist, this group can help you:

- Learn to improve relationships
- Cope with social anxiety
- Manage conflict in healthy ways
- Get support while navigating life challenges
- Practice social skills
- and much more!

When: Thursdays

Time: 10-11:30am CST

Cost: \$50/session

Limited places!

(312) 219-5520

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ChangeWorks
Psychology Ltd.

REGISTER YOUR SPOT TODAY!
WWW.CHANGeworkSPSYCHOLOGY.COM