

Anxiety Happens.

BREAK FREE FROM ANXIETY & RECLAIM YOUR LIFE

Anxiety is not a choice. It can leave you feeling powerless, frustrated and stuck. But it does not have to be this way. Your life is calling you to take a chance...and the skills you will learn in this group can help you live better & more fully.

Anxiety isn't a sign of weakness.

Discover how acceptance, mindfulness, and compassion can help you shift your focus away from managing your anxiety & on to what you really want your life to be about.

REGISTER NOW FOR THIS 8 WEEK GROUP THAT WILL HELP YOU:

Your anxious thoughts and feelings are part of you -- not you.

- **Let go of struggles that keep you stuck**
- **Cultivate peace of mind**
- **Accept what is & do what works**
- **Gain freedom from fear**
- **Live a rich & meaningful life**



through mindfulness and acceptance.



Stephen D. Hendrix,
LPC, CPCS, CADC II

✉ CoastlineCCC@gmail.com

Coastline Counseling, Coaching & Consulting is now accepting new clients! In-person and Telehealth options available. Some insurances accepted.

Ready to create the life
you're ready to live?



Phone/Text
(912)258-7033

Coastline Solutions
ANXIETY CARE CENTER



4000 Coral Park Drive
Unit 1
Brunswick, GA 31520

THE 411:

**8 WEEK GROUP BEGINS SEPTEMBER 29, 2022
FOR ADULTS 18+ :: LIMITED TO TEN PEOPLE**

COST:

- **REGISTER & PAY BETWEEN AUGUST 25 -
SEPTEMBER 9: \$240 TOTAL**
- **REGISTER & PAY BETWEEN SEPTEMBER 10 -
SEPTEMBER 25: \$280 TOTAL**
- **AFTER SEPTEMBER 25: \$300.00 TOTAL**

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