CBT Groups for Anxiety and Depression

**Anxiety Program** (adults)
- CBT Basic Group for Anxiety (2 available days: Mondays or Tuesdays) (4 weekly sessions)
- CBT Cognitive Skills Group for Anxiety (4-16 weekly sessions)
- CBT Exposure Group for Anxiety (4-16 weekly sessions)
- Mindfulness for Anxiety (4 weekly sessions)

**Depression Program** (adults)
- CBT Basic Group for Depression (4 weekly sessions)
- CBT Cognitive Skills Group for Depression (4-16 weekly sessions)
- CBT Behavioral Activation Group for Depression (4-16 weekly sessions)
- Mindfulness-Based Cognitive Therapy for depression relapse prevention (closed/waitlist) (8 weekly sessions)

**Anxiety group facilitators:** Ricks Warren, Pam Schweitzer, Charlotte Allport, Dan DeSena, Veronica Saint, Michelangelo Trujillo

**Depression group facilitators:** Kristen Miner, Sara Tischler and Dan DeSena