

Generalized Anxiety Disorder



Generalized Anxiety Disorder (GAD) is characterized by excessive or exaggerated anxiety and worry about everyday life events including health, money, family, work, or school. In people with GAD, the worry is often unrealistic or out of proportion for the situation and can dominate the person's thinking so much that it interferes with daily functioning and interpersonal relationships.

Come join us for this free workshop where we will discuss the following topics:

- ◆ *The causes of GAD*
- ◆ *The signs & symptoms of GAD*
 - ◆ *Who is at risk of GAD*
- ◆ *Encouraging someone to seek help: reduce stigma & fear*
 - ◆ *Safety & crisis resources*
- ◆ *Where professional help is available*

Workshop provided by Carla Fry M.S., P.P.S.C.

This discussion is intended for informational purposes only and is not meant as medical advice or to replace consultation with a physician or mental health professional.

Para información en Español, por favor llame al (209) 257-1980 x 104.

Workshop Locations & Dates

Upcountry Community Center

19386 Hwy 88
Pine Grove, CA
January 23, 2019
12:30pm - 2:30pm

Camanche Lake Community Center

4240 Camanche Pkwy N.
Ione, CA
January 24, 2019
12:00pm - 2:00pm

Ione Family Resource Center

17 S. Buena Vista St.
Ione, CA
January 22, 2019
2:00pm - 4:00pm

Please call
(209) 257-1980 x 104
for more information.

Please RSVP if you
will need child care.

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