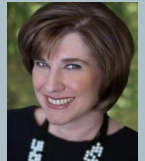




# The Snow Psychology Group

WWW.SNOWPSYCH.COM

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(240) 676-4206



## Group Cognitive Behavioral Therapy (CBT) for Depression and Anxiety

**Where:** The Snow Psychology Group, LLC  
6274 Montrose Rd  
Rockville, MD 20852

**When:** 12-week series, Tuesday mornings, 10-11:15 AM

**Who:** Adults who are feeling depressed and/or anxious and would like to learn skills to feel better. Individuals may or may not already be in individual therapy. Group therapy can be an excellent supplement to individual therapy. Group is led by Dr. Snow, an experienced clinical psychologist. Group size is small to ensure ample individualized attention. Individual intake session required prior to beginning of group.

**Cost:** \$90 per weekly session. May be reimbursed through your insurance. Credit cards are accepted.

### ***What you will gain from participation:***

- Recognize your negative thoughts and mistakes in your thinking
- Learn new constructive ways of thinking that will improve your mood
- Practice your new skills and get corrective feedback
- Learn relaxation strategies to prevent emotional flooding
- Receive support from peers with similar problems