

THERAPY SUPPORT GROUP



**FEELING SAD? FEELING EMPTY?
ARE YOU HAVING TROUBLE SLEEPING?
ARE YOU MORE IRRITABLE AND ANXIOUS?
ARE YOU NOT SOCIALIZING AS MUCH AS YOU USED TO?**

Join clinical psychologist, Dr. Seema Shah, for a **10 week Therapy and Support group** focusing on specific psychological issues such as **depression** and **anxiety**.

CALL TODAY TO SIGN UP! SPACES ARE LIMITED! 732-846-7000 x152

Date: March 2nd - May 4th

Day / Time: Thursdays at 6:30pm - 7:30pm

Cost: \$25 / Session OR Insurance*

**some insurances accepted. Please inquire.*

Address: 51 Veronica Avenue, Somerset, NJ 08873

Group Facilitator



Seema Shah PhD