

# “Living My Life Without Falling Apart”

## ANXIETY MANAGEMENT GROUP

Behavioral Health Family Services Building B



Now through May  
Wednesdays 1:30pm to 3:00pm  
(5/6, 5/13, 5/20, 5/27)

**The meaning and sources of anxiety**  
**Test your anxious thoughts**  
**Train your inner guidance**  
**Slow the mind / Relax the body**



To get started,  
talk to your therapist or call:  
**Rosemary Hill, MA (360) 716-4336**  
[rhill@tulaliptribes-nsn.gov](mailto:rhill@tulaliptribes-nsn.gov)



open to all tribal members and employees!

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