

Find Support Here

The Anxiety Resource Center offers a variety of groups.

- Social Outings
- Anxiety Disorder Groups
- Teen Anxiety Group
- Gentle Yoga
- Open Creative Time

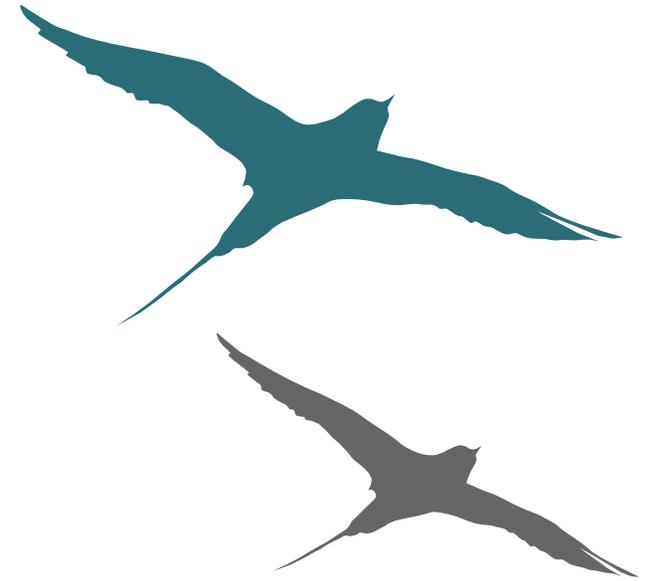


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The Anxiety Resource Center, Inc
is a non-profit, 501(c)(3) organization.



You are not alone.

ARC Support Groups
SUPPORT. HOPE. INSPIRATION.

“I realize I’m not alone with my feelings and my anxiety.”

Sometimes the greatest comfort comes in knowing you aren’t alone. That there are others experiencing the same things you are.

The ARC provides a comfortable, relaxed environment where you can speak about concerns in a confidential setting. People come from all walks of life. Some people come because they find strength in sharing their struggles with others who truly understand. Other people come just to listen. What’s most important is that you realize you aren’t alone.

Our Mission

The Anxiety Resource Center, Inc. of Grand Rapids, MI, was founded to educate the public and professional communities about anxiety disorders, including Obsessive-Compulsive Disorder and OCD Spectrum Disorders; to reduce the stigma associated with these illnesses; and to provide a place that offers support, hope and inspiration.

Supportive friends and family members are also welcome to attend.

The quotes listed in this brochure are from people who attend a support group at the center. The names are being withheld to respect their privacy.

SOCIAL OUTINGS

What is a Social Outing Group?

An opportunity for you to have fun, meet new friends and challenge your own anxiety. Attendees are given opportunities to participate in social activities while working on an identified goal. Each meeting starts with an introduction and goal setting session. Participants then attend the activity together. Each meeting concludes with a short evaluation session.

Times and events change. Please contact the Center for current information.

SUPPORT GROUPS

Anxiety Disorders (including OCD)

A weekly support group open to anyone who has an anxiety problem.

Every Wednesday at 4:30 and 7 p.m.

Teen Anxiety Group

A support group open to teens with any type of anxiety disorder.

Now meeting on school campuses. Call for dates and times.

Gentle Yoga

A bi-monthly group helping you find ways to build strength and calm the mind.

Wednesdays at the ARC. Class schedules change. Please contact the Center for current information.

Open Creative Time

A monthly group connecting you with others while practicing hands-on, anxiety reducing skills.

First Wednesday of each month at 6 p.m.

“Coming to group helps me to make it through the week.”