



# S O C I A L O U T I N G

Challenge your anxiety in a fun and safe environment. These outings can be great for those who struggle with fears and phobias, repetitive behaviors, avoidance tendencies or to support your friends who are struggling with anxiety of any size, shape or form.

## G A M E N I G H T

T U E S D A Y , N O V 7 A T 6 : 3 0 P . M .

Engaging in board games can be a great way to meet others, challenge your anxiety in a social setting, and develop friendships. The group will meet at the ARC. Please bring a snack to share.



The ARC will be holding social outings once a month on a Tuesday evening. These outings are an opportunity to meet others who have anxiety and to challenge your anxiety in a fun and safe environment. Sign up is required on the Wednesday prior to the event. For last minute changes or additions, please contact the Social Outing Facilitator Virginia Scholten at 616-745-4426.