

Who We Are

The Anxiety Resource Center Inc. was established in 2005 to create a physical place where people could come together and find SUPPORT, HOPE and INSPIRATION.

As a non-profit organization we exist for YOU. We're here to offer support, to help you challenge your anxiety, to help you recognize that you're not alone in this battle. We offer professional presentations by members of our community, we extend invitations for social gatherings and outings, and we encourage you to meet others in one of our many support group offerings. You'll even find a lending library to help you expand your understanding.

For up-to-date information on groups and events, please visit our web site: anxietyresourcecenter.org



What is Anxiety?

Anxiety is a state of apprehension, uneasiness, and tension.

What is a Disorder?

Anxiety is a state of apprehension, uneasiness, and tension. Some people are put off by the word "disorder," but it simply means a disturbance of normal functioning – and it's something that can be corrected.

Anxiety Disorders Include:

Agoraphobia: Anxiety about places from which escape might be difficult, or in which help may be unavailable in the event of having a panic attack.

Panic Disorder: Recurrent, unexpected panic attacks. A panic attack is the sudden onset of fear accompanied by symptoms such as racing heartbeat, sweating, or a fear of losing control or dying.

Generalized Anxiety Disorder (GAD): Persistent, excessive worry about a number of events or activities.

Obsessive-Compulsive Disorder (OCD): Persistent thoughts that cause anxiety, followed by behaviors that are intended to reduce the anxiety.

Trauma and Stressor-Related Disorders (PTSD): Persistent, distressing recollection or re-experiencing of a traumatic event.

Social Phobia, also called Social Anxiety Disorder: Fear of social or performance situations in which embarrassment may occur.

Specific Phobias: Persistent fear of specific objects or situations such as animals, heights, injections or flying.



Nestled in downtown Grand Rapids the Anxiety Resource Center offers a non-clinical approach to healing. Inside our historic firehouse, you'll find a warm and welcoming environment filled with rich resources.

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.

Support

SUPPORT. We all need it in one form or another.

If you've never joined us for a group you might like to know that we offer a comfortable, laid-back and confidential environment. There is no obligation to attend regularly.

People come to the ARC from all walks of life. Some people come because they find strength in a group of people who share their struggles. Other people come just to listen – there's no pressure to speak and we encourage you to bring friends or significant others.

"As a group facilitator at the ARC, I have observed great courage and connection among the group participants. There is a natural strength that occurs within a group setting – a spirit of support that enlightens those who may feel as though they are alone in their struggle; that spirit of support helps group participants explore and discover the path of healing." Katie Achtyes, LMSW, CAAD



Resources

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older (18% of U.S. population)*.

The good news is that anxiety disorders are highly treatable. The Center offers tools to help you get started:

Professional Presentations and Workshops

Several times throughout the year, the Center brings in professional presenters to share tips and tools. These free workshops help you better understand your anxiety disorder and learn new ways to manage it.

Support Groups

Weekly support groups remind individuals that they aren't alone. A great opportunity to find peer support with people who really "get it."

\$5 per person/per group. Memberships available.

Lending Library

New books are continually being added to keep our lending library fresh and current. You'll find books related to the different types of anxiety disorders (see back panel) as well as inspirational reads.

Free Literature

Local and national information related to anxiety disorders can be found on our brochure shelves. We also have a sharing board where individuals can post names of professionals who have helped them.

Additional resources can be found on our web site at anxietyresourcecenter.org

**Anxiety Disorders Association of America, 2014.*

Connect With Us



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On the Web:

anxietyresourcecenter.org
(join our enewsletter and read our blog)



Send an Email:

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Connect Socially

Like us on Facebook | Follow us on Twitter and Pinterest

