

Awareness Presentations

Did you know, a typical classroom with 30 students may have up to EIGHT students suffering with a diagnosable anxiety disorder? It is our goal to educate parents and teachers on the wide range of ways anxiety can present itself at home and at school.

"Empowering parents with the information and skills to identify and help their children manage anxiety is crucial to the success and wellbeing of our students. Often, anxiety can be underestimated or overlooked, and Caroline Hall (ARC Presenter) did a fantastic job educating parents on the wide range of how anxiety manifests at home and at school. She provided parents with useful ways to communicate with their children and reviewed practical coping skills to take home."

-Casey McMahon, Grand Rapids Christian K-8 Social Worker

AT YOUR LOCATION

One of our licensed mental health professionals is available to offer an anxiety disorders presentation at your location. This hour presentation can be followed by a question and answer session. The program is designed to be tailored to your needs.

PRESENTATIONS FOR

Educators

Parents

Day or evenings sessions available.

SERVICE FEE (Price based on needs)

Presentation by a mental health professional

Handouts available

Access to an online portal filled with resources

Local support group for teens aged 13-17

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



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.



"Anxiety disorders affect 25% of children between the ages of 13 and 18." adaa.org

Helping Teens

The Anxiety Resource Center (ARC) is passionate about raising awareness of anxiety disorders among the youth. We offer on-location awareness presentations for educators and parents. In addition, the ARC hosts teen support groups at our downtown location. These weekly groups help teens find support, hope, and inspiration.

Local Teen Support Group

Every Wednesday our doors are open to teens who struggle with any type of anxiety disorder. This is a group where teens can find support from other teens. The minimum age requirement is thirteen.

As teens gather around the circle they are able to relate to other teens. They share what it's like to live in a state of fear, fighting stomach pains and migraines, managing relentless and raging thoughts, battling social anxiety and compulsions. They recognize they aren't alone with their thoughts and feelings and there are others who feel exactly the same. Together they gain encouragement from each other and find new ways to manage their anxiety recognizing that while it is not curable, it is highly treatable.

The group meets on the second floor of a beautifully renovated firehouse in downtown Grand Rapids and is facilitated by a mental health professional.



What is Anxiety?

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

What is a Disorder?

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.

Post-Traumatic Stress Disorder (PTSD):

Persistent, distressing recollection or re-experiencing of a traumatic event.

Social Phobia (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, getting an injection or flying.

Connect With Us



By Mail

Anxiety Resource Center
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In Person

312 Grandville Ave
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On the Phone

616.356.1614



On the Web

anxietyresourcecenter.org
(visit Resource Section, Helpful Links)



Send an Email

director@anxietyresourcecenter.org

Connect Socially

Like us on Facebook | Follow us on Twitter and Pinterest

