



Reclaim Your Life

Find Relief from Anxiety and Depression

You have suffered long enough, relief is here.



Family Matters Center for Relational Therapy

316 South Maple Avenue
Suite 203
Greensburg, PA 15601

724-672-3635
familymatterscenterpa@gmail.com

Only \$50/session
Health insurance
accepted

At **Family Matters Center for Relational Therapy**, we offer a comprehensive six week program to help you manage anxiety and depression. Our program will assist you in the following ways:

- We will help you identify the sources of your anxiety and depression.
- We will help you be aware of the warning signs of your stress.
- We will help you connect physical symptoms to your anxiety and depression.
- We will help you develop techniques to reduce your anxiety and depression.
- We will help you develop strategies to decrease the risks associated with anxiety and depression.
- We will help you live a more productive, healthy and happy life.

Visit our website
www.familymatterscenterpa.com