



Phobia-Anxiety Program



Support and skill-building for people struggling with anxiety



Program Description...

- ✧ Comprehensive and caring assessment to help individuals struggling with fears and anxiety.
- ✧ Individually tailored to meet the specific needs and strengths of each person.
- ✧ Team support through Social Workers and Phobia-Aides.
- ✧ Learn real-life skills to control fears and live life to its fullest.
- ✧ Individual and group counseling available, as well as Phobia-Aide support within natural settings.



Phobia-Anxiety Program Provides...

- ✧ A full range of customized services to meet and support the specific and unique needs of each person.
- ✧ Services may include:
 - ✦ **Weekly support group** led by a Social Worker and Phobia-Aide. Learn the myths, facts and nature of anxiety, panic and phobia. Learn approaches that work: visualization, mindfulness, meditation, breathing, self-talk, desensitization and other positive coping skills.
 - ✦ **Short-term and focused skill-building.** Learn how to identify and manage anxiety and fears. Experience learning and practice skills in a safe and supportive group environment.
 - ✦ **Personalized care through a Phobia-Aide.** Utilize the individualized support and experience of a Phobia-Aide within natural settings (community, home, etc.) to decrease anxiety through manageable steps.



Program Goals Include...

- ✧ Learning actual skills to reduce your anxious feelings.
- ✧ Reducing and controlling fears and anxieties so you can enjoy a satisfying and rewarding lifestyle within your community.



Fee Information...

As a not-for-profit agency, we offer our services on a sliding scale that considers income and number of dependents in determining fees. We participate in many health insurance plans including Medicare and Medicaid.

PFCS does not deny treatment to anyone because of inability to pay.

To make an appointment
or for further information,
please call

845.225.2700 ext. 191

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