

# ANXIETY AND MENTAL HEALTH **COMMUNITY NIGHT**

Are you serious about decreasing your stress and anxiety levels?

What do difficult early life experiences have to do with high anxiety levels, addictions, and even mental illness? It turns out, quite a bit. Anxiety and addiction impacts all of us at some point in our lives. And addiction is not always about booze or drugs. Addiction can also be linked to food, TV, the internet, porn, cybersex, work, etc. Almost every family has at least one member who struggles with anxiety, addiction, or a debilitating physical or mental illness. We need to increase our awareness of how to protect our bodies and minds from the debilitating effects of stress, addiction and anxiety and destigmatize the fact that as human beings we sometimes struggle and do not have it all together!

Come and join Trauma Therapist & Speaker Wanda Brothers for a community night to learn about the ACE study and how support and resiliency can help reduce the symptoms of stress, addiction, and mental illness. Learn how to evict anxiety from your life and body. This night will help you gain knowledge and great tools to help yourself or family members that are suffering physically or emotionally, and struggling to feel the goodness of life.

**WHEN:** Thursday December 6 from 6-8pm

**WHERE:** Thurgood Marshall 2295 MacKenzie Creek Road, Chula Vista, CA 91914

**WHO:** This event is open to the public.

