

MENTAL FITNESS

4-DAY PERFECTIONISM & ANXIETY
GROUP FOR MEN



Combines trauma and psychoeducation to:

- Help you understand how perfectionism and anxiety show up in men
- Break the cycle by regaining healthy control
- Challenge your perspective, behaviors, and self
- Build functional skills and strategies

Every Friday at
4:30 pm, starting

on

APRIL
3RD



We accept Cigna and Aetna!
\$45 per session

Facilitator:

Sydney Erickson,
LAMFT

Certified in:

- Anxiety & Perfectionism
- DBT & Trauma

Restoration Psychological Services



17505 N. 79TH AVE., SUITE 308
GLENDALE, AZ 85308

More Info & Registration:

sydney@restorationpsychservices.com