

Understanding Anxiety

Anxiety Disorders are the most common of mental disorders

Sertoma Centre, Inc. & Advocate Health Present

A Virtual **Free Training : Understanding Anxiety**

CEUs for LCP, LCPC, LSW, LCSW

Date: Wednesday October 28th 5:00 pm

Location: Virtual ZOOM Training

To Register: [HERE](#)

Questions? Contact:

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Anxiety Disorders affect nearly 30 percent of adults at some point in their lives



Upon successful completion of this course, participants will be able to:

- Differentiate between stress and anxiety.
- Identify the signs and symptoms of the more common anxiety disorders
- Understand risk factors for developing an anxiety disorder
- Identify treatment options for anxiety
- Learn strategies for supporting patients who are experiencing anxiety