

Blue Skies

Peer-Support Group for Exploring Anxiety Management Resources

Wednesday, March 20, 2024 at 6:30

Blue Skies Meeting Room
Giura Memorial Church House
16 Miller Street, Warren RI
(across from Imagine Gift Shop and just
behind the Baptist Church in Warren)



Theresa Soucie of Barley Wellness will lead a discussion of chiropractic therapy for anxiety.

Based on 25 years of clinical practice, board-level service on a local human service group, and advanced training in behavioral health, Terry has a wealth of practical knowledge to share.

The Growing Challenge of Anxiety

Anxiety is particularly dangerous because it builds in intensity and because it is socially contagious. The more unmanaged anxious people in our community, the more likely that we too will become anxious. And the less we know about managing our own anxiety,

the more we may negatively impact the quality of life for ourselves and others. As a community, we really cannot recover from or fully prevent things that we don't understand. And we cannot understand resources available to us without talking with those who use and practice alternative and complementary approaches to anxiety management. Our local conversations have to start somewhere.

About Blue Skies

Blue Skies is a non-profit, citizen run



association dedicated to hosting small group explorations of locally available anxiety management resources. We specifically hope to engage families and friends with anxious loved ones, but all are welcome.

All are welcome !!

Your Host, Tom Flanagan

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