

Adult Anxiety Group



MPB Group, Inc. offers a weekly Adult Anxiety Group that provides a supportive environment to address topics that yield internal and external anxiety. Interaction with group members helps to alleviate concerns and encourages successes, combating the feelings of isolation.

Meets Thursdays @ 6:00 pm
via Hybrid (Onsite & Teletherapy) Columbia Location

Email group@mpbgroupinc.com (please specify interest in Adult Anxiety Group)

Maryland Medicaid & Carefirst BlueCross/Blue Shield insurance accepted. Cash clients also accepted (Prepaid discounts available).