



# LORENZ CLINIC

## Adult Psychotherapy Group

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Alleviating Depression and Anxiety with Positive Thinking

### Program Information

Depression and Anxiety are common and painful mental health issues that can be treated through effective techniques learned while engaging in positive social experiences.

**Monday Nights**  
**7:00pm - 8:00pm**  
**8-10 Weeks in Length**

**Lorenz Clinic Victoria**  
**1772 Stieger Lake Lane**  
**Victoria, MN 55386**  
**952.443.4600**

### Adults that could benefit from this group may:

- Struggle with depression and/or anxiety
- Struggle with emotional dysregulation
- Have low self esteem
- Experience relationship difficulties

**Group is lead by: Dr. Andrew Scarbrough, Psy.D, LP**  
Please set up a 30-minute appointment with Dr. Scarbrough to see if the group could be right for you.