



Lutheran Social Services of Illinois

NEWS RELEASE

FOR IMMEDIATE RELEASE

January 31, 2007

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Lutheran Social Services of Illinois to Hold 'Worry Free' Support Groups for Women

Approximately 40 million American adults suffer from anxiety, which is a feeling of being overwhelmed by fear and uncertainty. Anxiety can often interfere with daily life and can get worse if not treated.

Lutheran Social Services of Illinois (LSSI) will be forming a group, entitled *Worry Free*, for women who suffer from anxiety. *Worry Free* groups will start Monday, February 19 at 6:15 p.m. and will be held at LSSI's Dixon office, on 1247 North Galena Avenue. The groups, co-facilitated by a licensed clinical counselor and master's level intern, will meet once a week for eleven weeks and will be 1 ½ hours in length. Payment for the group is based on a sliding scale fee, which is determined by earned income and number of dependents.

Worry Free is for women who are tired of going through each day plagued by exaggerated worries about everyday problems, including their interactions with others. Participants will learn about anxiety disorders and how anxiety affects a person's life. Group sessions will teach individuals ways to change their thinking patterns and behaviors so they are more able to manage their anxiety. A strong emphasis will be placed on group support to help individuals make the changes that are needed to conquer anxiety.

People suffer from different forms of anxiety, which include panic disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), social phobia/social anxiety disorder, specific phobias (e.g., fear of snakes, fear of confined spaces, etc.), and generalized anxiety disorder (GAD). Each disorder has different symptoms, but all symptoms cluster around excessive irrational fear and dread. Women are up to two times more likely to suffer from an anxiety disorder than men. Presently, there are no scientific findings to show why this statistic is true (National Institute of Mental Health: Anxiety Disorders).

To register for *Worry Free*, call 815/288-6655. An initial intake interview will be scheduled, and participants will be given the opportunity to meet the facilitators and ask questions prior to beginning the group. The *Worry Free* group is limited to eight adult female participants and pre-registration is required.

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Founded in 1867, Lutheran Social Services of Illinois is a statewide, not-for-profit social service agency of the three Illinois synods of the Evangelical Lutheran Church in America (ELCA), as well as an agency of the United Way. LSSI serves people through an array of services at more than 89 program sites across Illinois. LSSI offers counseling and related services at its Dixon location.

For more information on Lutheran Social Services of Illinois, please call 815/288-6655 or visit www.LSSI.org.

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