



## **When Talking Isn't Enough: Coping with Anxiety, Depression, and Stress**

*Since retirement have you been feeling depressed or anxious, or found your self thinking about 9/11 or other difficult moments on the job?*

*Do you feel like you need something in addition to counseling and talking to your friends and family?*

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*The FDNY CSU invites retired members to an 8-week group that introduces mind/body techniques including yoga, meditation, art and writing to help you relax and learn new skills for managing symptoms.*

*Lafayette St CSU  
251 Lafayette St. 3<sup>rd</sup> Flr.  
New York, NY 10012  
Fridays 12:00-1:30  
Beginning Oct 23rd*

For more info or to register:  
Contact Kim Ahearn, Jessica Metz, or Greg Smith at 212-570-1693 or  
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