

Coping with Anxiety and Depression

We share our solutions in a respectful positive environment to life's ups and downs. Many of us have found mindfulness and meditation helpful and we typically do a 10-minute guided meditation towards the end of the hour. We work as a group to develop coping skills to manage and address life's stressors.



Come join us, as we offer support to each other.

Thursday
11:00 am – 12:00pm

The Wellness Studio
2647 Milwaukee Street
Madison, WI 53704

Call 237-1661 or info@soarcms.org if you have any questions



Elle LeMeur has been a Certified Peer Specialist working with individuals and facilitating the Coping with Anxiety and Depression Group with Recovery Dane since 2015. She has been working an active recovery program since 2005 with several 12 step groups and has been sober since 2010. These 12 step programs include Al-anon, AA and Adult Children of Alcoholics and other Dysfunctional Families. She considers it a tremendous joy to be able to walk with others in their recovery journey!