



“Community Matters”

By Lamprey Health Care

A speaker series bringing relevant topics to the forefront

Don't Panic- It's Just your Brain Doing Its Job!

Exploring Anxiety & Building Everyday Coping Tools

Presented by: Corinne McCafferty, MSW, LICSW

Join us for a workshop designed to help you deepen your understanding of anxiety, discover how your brain works in moments of stress, and learn realistic, everyday strategies to cope more easily and effectively. Learn also how EMDR (Eye Movement Desensitization and Reprocessing) helps the brain reprocess anxious thoughts and triggers to develop calmer responses and lasting relief from anxiety.



Thursday, **September 25th** 2025 Newmarket Office (207 S. Main Street)



Wednesday, **October 1st** 2025 Raymond Office (128 Route 27)



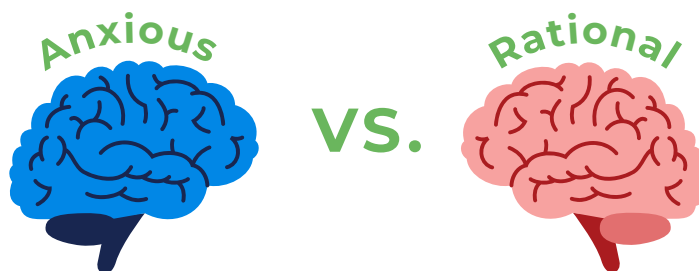
Refreshments: 4:30pm



Presentation & Workshop: 5:00pm - 6:00pm



RSVP Tlavoie@LampreyHealth.org - two dates/locations to choose from.



Workshop Highlights

“My Two Brains”: anxious vs. rational

Mindfulness techniques (simpler than you think—NOT meditation)

Practical ways to decompress & regulate throughout your day

Scenario reflections, group discussion, and lived patient experience



Simple Interact
FRONT OFFICE AUTOMATION