

Pars Equality Center

“Expert Panel on Anxiety Management Tools”

چگونه با اضطراب خود مقابله کنید

این برنامه به زبان فارسی است و برای عموم رایگان است

What is Anxiety?

How anxiety impacts us physically and cognitively

Breathing and relaxation to calm and balance your nervous system

Music, movement and laughter-yoga to release anxiety

Techniques for managing unhelpful thoughts

Stress management exercises

and much more!

Join us for a panel of three mental health professionals as they talk about their personal stories, their professional experiences and share their knowledge with you in an interactive and hands-on session.



*Mahnaz Motatar PhD
Clinical Neuropsychologist*



*Soudabeh Azizi MFT
Licensed Marriage and
Family Therapist*



*Jila Behnad MFT
Licensed Marriage and
Family Therapist*

When: Tuesday, November 10th 6:00 pm – 8:00 pm

Where: Pars Equality Center

Address: 1635 The Alameda, San Jose, CA 95126