Local Support Groups: Stress Management

**Portage Path Behavioral Health- Stress Management Support Group**

340 S. Broadway st

Akron OH 44308

(330) 253-3100

<http://www.portagepath.org/treatment-groups/>

**Our Therapy Journal LLC**

An online women's therapy group to address anxiety and the overthinking that comes with it!. Groups will begin May 14th from 7:00-8:15pm and May 16th from 12:00-1:15pm. Intake interview for group appropriateness must be completed prior to starting the group and no later than Friday May, 11th to begin on these days. Call or email today to book your sessions!

Jennifer Rastetter

Based in Akron Ohio, 44319

(330)615-6900

<https://www.psychologytoday.com/us/groups/anxiety-akron-oh/133699?sid=1525888647.0792_2868&county=Summit+County&state=OH&spec=2&ref=1&tr=ResultsName>

**Support Groups**

Online support group for stress

1 (800) 459-2296

https://stress.supportgroups.com/