

IMMIGRATION ANXIETY SUPPORT GROUP

A space to breathe. A space to belong.

Living with immigration uncertainty can feel isolating and heavy. Many people carry fear, worry, and stress quietly—at work, at home, and within their families. This group offers a supportive community space where you don't have to explain or justify your experience.

This group is for people who:

- Are living with immigration-related stress or uncertainty
- Feel alone, overwhelmed, or constantly worried about the future
- Are carrying emotional weight related to visas, status, or family separation
- Want connection with others who understand—without judgment

OFFERED ONLINE
AT NO COST!

March 27th 2026
1pm-2pm

April 10th 2026
1pm-2pm

What this space offers and your takeaways:

- A warm, confidential community where you're not alone
- Shared understanding, connection, and mutual support
- Gentle tools to help ease anxiety and emotional stress
- A space where you can talk, listen, or simply be present—at your own pace
- Respect for your cultural values, family systems, and lived experiences



Join us at
mindsmatterpsychotherapy.com

You're welcome exactly as you are—whether you want to share your story, listen quietly, or just sit in community.

This group is not therapy and does not create a therapist–client relationship. It does not provide legal advice, diagnosis, treatment, or crisis services. Confidentiality is requested but cannot be guaranteed in a group setting.

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