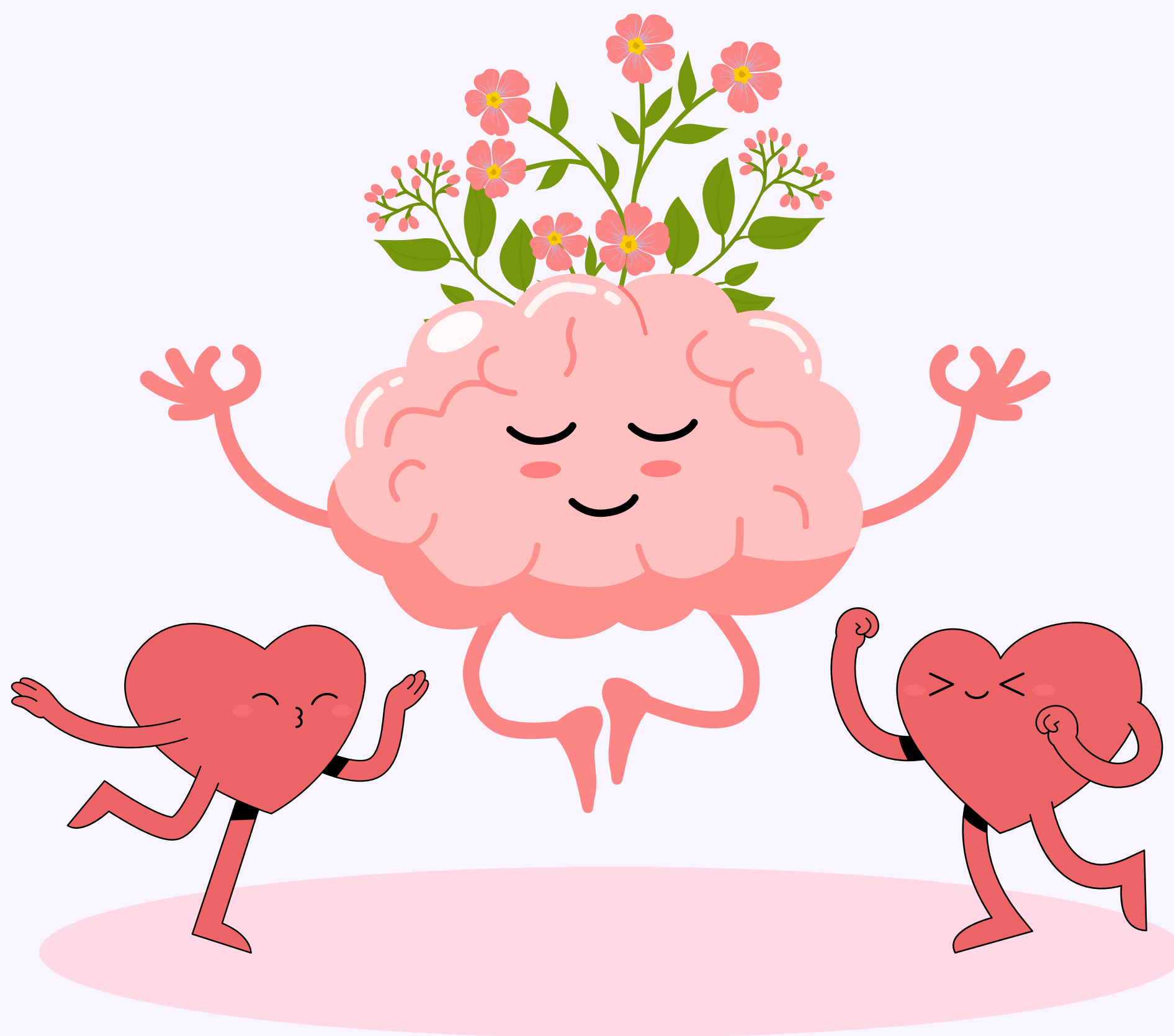




GDRSD
in partnership with
Walker Solutions



Recognize, Reflect, Respond: Anxiety and Practical Support Strategies



5.28.26

GDRSD is excited to Partner with [Walker Solutions](#) for a 2025-2026 series of workshops. All are welcome to attend.

Taiany Goulart, LMHC, will be returning for this workshop centered around the signs, symptoms, and factors influencing anxiety and practical support strategies. We are offering two sessions of the same one hour workshop, via Zoom, on Thursday, May 28th.

10:00am or 6:30pm

Virtual - Zoom

10:00am - 5/28/26

[Click here to join the Zoom Session](#)

<https://us02web.zoom.us/j/84988581324?pwd=a825mhDdBtWn9Hcia2amVty8olqplb.1>

Meeting ID: 849 8858 1324, Passcode: GDRSD

6:30pm - 5/28/26

[Click here to join the Zoom Session](#)

<https://us02web.zoom.us/j/82069839388?pwd=XNOA16ZvpUVs0Br4qHxiiB4VLU0Bak.1>

Meeting ID: 820 6983 9388, Passcode: GDRSD

Questions? Reach out to adougherty@gdrsd.org for more information.