



FOR IMMEDIATE RELEASE

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Upcoming Rainxiety Event

Houston, TX - City Council Member Dave Martin would like to invite residents to an upcoming free group therapy event being hosted by Allied Mental Health, PLLC that will focus on flood victims dealing with anxiety. The event is called "Rainxiety" and will take place on Tuesday, May 21, from 6:30 p.m. to 8:30 p.m. The meeting will be held at the Kingwood Community Center, located at 4102 Rustic Woods, Kingwood, TX 77345.

The event will include several volunteers and counselors available to assist flood victims directly, as well as a presentation by Psychologist, Dr. Marty Lerman who will volunteer some helpful methods to cope with anxiety.

The District E Office thanks Allied Mental Health, PLLC for the opportunity to share this event with the community and encourages all residents to attend. If you have any questions about the event, please contact Allied Mental Health, PLLC by calling (281) 812-3322.

The District E office can be reached at (832) 393-3008 or via email at districte@houstontx.gov