



ANXIETY GROUP: TEENS AGES 14 - 18

ARE YOU DEALING WITH:

- ▶ Anxiety
- ▶ Nervousness
- ▶ Stress
- ▶ OCD (Obsessive Compulsive)
- ▶ PTSD (Post Traumatic Stress)

This workshop is for teens ages 14 - 18 ONLY.

If you are experiencing any of the emotions listed above, we have a wonderful program for you! This program is a research based program that involves some class and group work that will give you the tools you need. The therapist that is running the program will also meet with you individually to set up a plan for you. Group members will better understand anxiety in a closed, confidential and structured program. Members will also gain understanding of their own personal target issue, triggers, and coping skills through DBT and CBT techniques.

5-Week Group on Mondays

January 28th - March 28th (Mondays)

5:30 p.m. - 7:00 p.m. MT

Location: Online!