

# GROUP THERAPY

## *Coping with Anxiety*

For kids entering 3<sup>rd</sup> – 5<sup>th</sup> grade  
Led by Emily Stano, Psy.D.

### Goals of the Group:

- ❖ Improve coping skills for worries & fears
- ❖ Develop balanced and flexible thinking
- ❖ Improve self-esteem
- ❖ Feel more confident in social interactions

Tuesdays 6:15-7:30 pm  
Beginning July 9<sup>th</sup>

Schedule a screening appointment to join the group!



Quince Orchard Psychotherapy – Rockville

9707 Key West Avenue, Suite 100  
Rockville, MD 20850  
Phone: (240) 750-6467  
[www.QOpsych.com](http://www.QOpsych.com)