

GROUP THERAPY

Coping with Anxiety

For teens 13-17
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

Wednesdays 6:15-7:30 pm
Beginning July 10th

Schedule a screening appointment to join the group!



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