

# ANXIETY: COPING THROUGH CREATIVITY

TEENS (14-18)

## WHO:

Ages 14 - 18 (High School)

## WHEN:

Mondays 5:15 - 6:45PM

## LENGTH:

6 weeks.

## NUMBER OF GROUP MEMBERS:

6 - 8

## WHAT:

Dealing with anxiety can feel overwhelming and unattainable. This group focuses on providing you with the tools to work with your anxiety and decrease negative symptoms through a variety of skills and the introduction of a creative approach to feeling safe and secure when dealing with your anxiety.

## FEE:

\$200 total. \$50 payment to secure your spot.

- Groups are NOT covered by insurance.



## GROUP FACILITATOR

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