

Overcoming Anxiety

*A Skills Group for Youth With
Anxiety Challenges*



For youth ages 9-13

Thursday Evenings
6:00-7:00pm

November 2nd - December 14th
(no class on November 22nd)

Overcoming Anxiety is a 6 week group counseling program for youth with anxiety challenges. Participants will learn to recognize anxiety, identify the root of their worries, and develop skills for effectively managing anxiety.

Cost: \$180 for each six week session

For more information, please call 888-966-0746 or email
referrals@firstchildrenservices.com.

Registration deadline is Tuesday, October 31, 2017



1256 Marlgress Road · Cherry Hill, NJ 08003
www.firstchildrenservices.com