

Think It Through

A Skills Group for Youth With Anxiety Challenges



For youth ages 14-17

**Thursday Evenings
6:00-7:00pm**

May 17th - June 21st

Think It Through is a group for youth to learn to identify strengths, understand feelings, develop safe coping and problem solving skills, and cultivate social connections.

Cost: \$180 for each six week session

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

Registration deadline is Thursday, May 10, 2018



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