

Think It Through

A Skills Group for Youth With Anxiety Challenges



For youth ages 11-18

Thursday Evenings

5:00-6:00pm for ages 11-14

6:00-7:00pm for ages 15-18

September 20th – November 1st

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, September 13, 2018



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