

Learn How To Cope with Anxiety

A fun and creative group that helps you:

Discover why some kids worry more than others

Learn how to relax your body and chill out

Create some can-do challenges that make you feel
great

Stop allowing worries to stop you from having fun

*You will also receive a super-cool journal to fill with stuff
you discover in group.*

“Conquer the road blocks to fun & friendship”

Where: Wavelengths Allied Health

When: Next group to be advised. Please
contact our office for more information.



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