Woolwich Counselling Centre Presents...

Conquering Teen Anxiety

Ages: 12-14

Homework + Parents + Hormones +

Expectations + Relationships + Social Media +

Choices + Decisions + Pressures + Transitions +

Responsibilities + Identity

= STRESS ! ! !

Adolescents are faced with many different pressures and stressors. All teens feel anxious from time to time but some experience anxiety more than others.

This group will assist teens to learn effective ways to cope with teenage pressures and stress. They will learn strategies to feel more in control of their daily lives.

Jan 9, 16, 23, 30, Feb 6 & 13, 2017

Fee: $100 7:00-8:00 p.m.

PRE-INTERVIEW REQUIRED
Please call 519-669-8651 to register
by December 15, 2016