

# Conquering Teen Anxiety

No Cost Virtual Group ~ 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.

**Mar 30, Apr 6, 13, 20, 27, 2021**

**7:00-8:00 p.m.**

**PRE-INTERVIEW REQUIRED**  
**Please call 519-669-8651**  
**or email: [info@woolwichcounselling.org](mailto:info@woolwichcounselling.org)**  
**for more information or to register.**