

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **CONQUERING TEEN ANXIETY**

**AGES 12-14**

## **No cost, in-person group**

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

This five-week therapy group will help teens learn effective ways to cope with teenage pressures and stress. They will learn strategies to better manage anxiety and feel more in control of their lives.

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**WEDNESDAYS, NOV. 10, 17, 24,  
DEC. 1, 8 2021**

**5-6 PM**

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### **LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



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