

**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.

**MONDAYS,
MAR. 28, APR. 4, 11, 18, 25 2022
7-8 PM**

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA



FOLLOW US

