



Now accepting referrals!

Worry-Free

Middle School Group

The middle school group will take place at the Center for Children and Youth, 1 Cherry Lane, Ramsey. It is open to males and females in 6-8th grade. Over twelve weeks, the group will cover:

- Anxiety and stressors
- Cognitive, physical, and behavioral aspects of anxiety
- Problem Solving skills
- Assertiveness training
- Relaxation techniques
- Coping skills
- Parent involvement



The Middle School Group will start in the Spring of 2017. If you are interested or have a referral, please contact or Eve Thaler, LPC at 201-444-3550 x7127 or Katelyn Severson, LAC, at 201-934-1160, x 7335.

www.westbergen.org

