



**For boys and girls  
in 6-8<sup>th</sup> grade.**

## **West Bergen Mental Healthcare's Anxiety Program Presents: "The Worry-Free Middle School Group"**

The middle school group will take place at the Center for Children and Youth, 1 Cherry Lane, Ramsey.

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



If you are interested or have a referral, please contact or Eve Thaler, LPC at 201-444-3550 x 7127 or contact our Access Center at 201-485-7172 to schedule an appointment.

[www.westbergen.org](http://www.westbergen.org)

