Back to School

SKILLS REFRESHER GROUP

What

Set yourself up for success as the school year kicks off! This weekly girls group will review and practice coping skills (thinking traps, clue snooping, etc.) with similar aged girls to help manage anxiety!

When & Where

- Every Thursday from 8/22-9/26 for 6 weeks
- One hour sessions
- Exact time will be determined based on availability of interested participants.
- Location: 900 Skokie Boulevard, Suite 120, Northbrook

Details

- $75/session ($450 for all 6 weeks)
- Snacks will be provided
- Register by August 1st

Who

For: 8-13 year old girls
Moderator:
Molly Centlivre, LCSW

Register: jwelbel@nscenterforanxiety.com or mcentlivre@nscenterforanxiety.com
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