

C.O.P.E.

Counseling Options and Parent Education
We Listen. We Act. We Care.

Family
Support
Center

“C.O.P.E. 4 Kids”

Youth Mental Wellness Program

WHERE

3021 Citrus Circle, Suite 105
Walnut Creek, CA 94598

WHEN

February 6th, 2025 - March 13th, 2025
from 6:00-7:00 pm (Thursdays)

For: Youth Ages 13-17

Topic: Anxiety

Cost: Free!

JOIN US FOR:

- Dinner and Snacks!
- Drinks!
- Gift card for completing the program!



Group sessions will be held as an opportunity for peer-engagement and open conversation on anxiety using the evidence-based ARC Model as a framework.

Participants will learn to develop coping skills, practice mindfulness techniques, and participate in activities to support anxiety reduction and regulation.

CONTACT US TO REGISTER:

(925) 689-5811 ↗

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