

YOUTH ANXIETY PROGRAM

An evidence-based group program for youth and teens, ages 7-13.

HAVE YOU NOTICED SYMPTOMS OF ANXIETY IN YOUR CHILD?

- ▶ Trouble concentrating
- ▶ Not sleeping well or bad dreams
- ▶ Anger, irritability, or behavioral outbursts
- ▶ Not eating properly
(ex. skipping meals or overeating)
- ▶ Constant worrying or negative thoughts
- ▶ Feeling tense and fidgety
- ▶ Crying often or being clingy
- ▶ Complaining of feeling unwell
(ex. stomachaches, headaches)

THE YOUTH ANXIETY PROGRAM WILL HELP PARTICIPANTS:

- ▶ Identify & reduce symptoms of anxiety
- ▶ Build confidence in coping with anxiety
- ▶ Use relaxation techniques
- ▶ Challenge anxious thoughts
- ▶ Build competence in problem solving

Includes support & resources for parents.



DETAILS:

- ▶ 8-Part Series, meeting weekly; participants are expected to attend all meetings
- ▶ New sessions are being scheduled to begin in April!
(Exact dates will be announced; various days, times, and locations will be offered)
- ▶ Summer sessions are also being scheduled.

INTERESTED?

Let us know you are interested! Share your preferences to help us schedule groups.

Contact JFS' intake department to begin the registration process and join our list for program updates and announcements. Call 302-478-9411 ext. 306.

