

# Think It Through

*An Online Skills Group for  
High School Students with  
Anxiety Challenges*



**Monday Evenings**

**August 10<sup>th</sup> – October 5<sup>th</sup>**  
(no groups on Labor Day)

**5:00-6:00 pm**

These groups focus on anxiety and developing appropriate coping mechanisms. Throughout the sessions, individuals will learn how to define anxiety and their personal experiences with it. Participants will learn appropriate coping mechanisms through psychoeducation and interactive activities.

**This cost for a eight-week session is \$160.**

**Please register online at [www.firstchildrenservices.com](http://www.firstchildrenservices.com) by August 7<sup>th</sup>.**



For more information, please call  
(888) 966-0746 or email  
[dlawrence@firstchildrenservices.com](mailto:dlawrence@firstchildrenservices.com)

**[www.firstchildrenservices.com](http://www.firstchildrenservices.com)**