

STARTING JANUARY 13th!

Courageous Kids

Anxiety Group for Children Ages 8 - 12

This weekly 6-session group facilitated by a licensed Marriage and Family Therapist will

- Educate the participants on what anxiety is
- Teach different methods to cope with anxious feelings/thoughts
- Build confidence through sharing and practicing new skills

Children enrolled in the group will get to practice these new skills in a safe and positive environment with peers going through similar experiences.

Therapist will meet with parents at the end of each session to briefly review topics covered and give feedback on how to support and practice the new skill at home.

MONDAYS, 4:00 – 5:15 PM



Relaxation strategies will be taught and practiced throughout sessions.

January 13

Naming my Feelings

January 27

Body Responds to Fear & My Triggers

February 3

Self-talk

February 10

Categorizing Fears

February 24

Building Positive Thinking

March 2

Necessary worry or not

PROGRAM REGISTRATION COST:

\$240 for 6 sessions

Registration is Open Now!



2577 Samaritan Drive, Suite 715 San Jose, CA 95124

For more information and to register

info@talkawhile.org 408-962-9267