

# Anxiety Coping Skills Group

Open to children between the ages of 8-13

**Tuesdays**  
**5-6 PM from**  
**Oct. 10 -**  
**Dec. 5, 2017**

**\$25**  
**for the entire**  
**eight-week**  
**program**

(includes student workbook and parent companion guide)

This group helps children learn effective ways to deal with anxiety and stress. The skills training and practice exercises taught in this group will assist school-age children in the following:

- Recognizing anxious feelings and physical reactions to anxiety
- Clarifying thoughts and feelings in anxious situations
- Developing plans for effective coping
- Evaluating performance and giving self-reinforcement

The cognitive-behavioral curriculum used in this group is the Coping Cat program, one of the most evidence-based tools to address anxiety in youth. During the group youth will learn about the cognitive, behavioral, and affective features of anxiety, develop and learn a plan to cope with their anxiety (the "FEAR plan"), and will be given opportunities to practice their new skills in several anxiety-provoking situations. Participant youth learn their own cues for when they are becoming anxious, as well as how to use these cues to initiate the implementation of coping skills.



**Only 10 spaces available**

For more information or to sign up please contact  
Naomi Bowman at [nbowman@mainetown.com](mailto:nbowman@mainetown.com) or 847-297-2510 x273.



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YOUTH & FAMILY SERVICES

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