



GROUP THERAPY

DESCRIPTION


- **Group-based cognitive behavioral therapy (CBT) for children aged 8-12 and at least one of their caregivers**
- Children learn how to gradually face the fears and worries they have been avoiding
- Caregivers learn how to support their children when they feel anxious
- Weeks 1-9: Groups
- Week 10: Feedback session

Does your child experience anxiety, worry, or panic?

WHEN & WHERE

- **Mondays from 4pm-6pm**
 - 4-5pm: Child group
 - 5-6pm: Caregiver group
- Psychological Services Center, 330 Corbett Hall, Orono, ME, 04469
- **\$10 per week**
- Complimentary childcare and snacks are provided

JOIN NOW

 Please call 207-200-8722 or 207-200-6464 for more information

