

NEW LEAF BEHAVIORAL HEALTH

Worry Warriors: A group for kids

**An 6 week group for kids ages 10 to 13
struggling to manage anxiety and stress.**

**Wednesdays, Jan. 26th to March 2nd, 2022
4:30pm to 6pm**

Group held virtually

Conquer Anxiety

BY LEARNING PRACTICAL SKILLS

Group participants will

- Learn about anxiety
- Learn how anxiety affects their life
- Identify current sources of their anxiety
- Learn and practice coping skills
- Apply coping skills to their daily life
- Reduce anxiety

For more information, please
contact us at 919-781-8370 or email info@nlbh.org.
Learn more at nlbh.org/groups