

# TEEN ANXIETY GROUP

With Sarah Souder Johnson, MEd, LPCC

YOUNG PEOPLE IN

9TH - 12TH GRADES

EIGHT TUESDAYS FROM

5 - 6 PM

JULY 5TH — AUGUST 23RD

Participants are expected to attend all sessions of the group. Please talk about any dates you plan to miss with the counselor ahead of time.

LOCATED AT SENTIER PSYCHOTHERAPY

670 CLEVELAND AVE. S.

St. Paul, MN 55116

In this eight week therapy group, high school students will learn practical techniques to increase their confidence and courage, with the ultimate goal being to reduce their anxiety. The group will work to master anxiety reduction by exploring reasons for anxiety, as well as learning coping skills, relaxation techniques, and strategies for interrupting negative thoughts. Together, teens will learn to trust themselves and regain control over their lives from anxiety.

For more information:

[WWW.SENTIERTHERAPY.COM](http://WWW.SENTIERTHERAPY.COM)