



# TEEN ANXIETY GROUP

with Sarah Souder Johnson, MEd, LPCC

YOUNG PEOPLE IN  
9TH - 12TH GRADES

GROUP BEGINS QUARTERLY.

Please visit our website to find specific dates:

[www.SENTIERTHERAPY.COM](http://www.sentiertherapy.com)

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.

## CONTACT

Sarah Souder Johnson, MEd, LPCC with questions and to schedule intake:  
[sjohnson@sentiertherapy.com](mailto:sjohnson@sentiertherapy.com) or 763.913.8261



wellness for families