Is your child

Worried?

Although they are just beginning their journeys in life, many children experience stress and anxiety. This can be distressing to children, as they often lack the emotional and mental resources that adults possess to effectively cope with high levels of stress.

Warriors Against Worry

5th & 6th grade group begins Tuesday, November 15
6:00—7:00 p.m.

Warriors Against Worry is a psycho-educational group designed to help youth develop effective skills to reduce and manage feelings of anxiety. In a kind and respectful environment, participants will learn ways to help themselves

Groups are led by trained counselors and meet weekly for one-hour sessions for six weeks.
Children will be given take-home activities that reinforce the skills they learn in the group setting.

The fee for each six-week session is $90 for Ocean Township residents; $150 for non-residents. Space is limited.
For more information and to register, call Jennifer Appio, 732-531-2600.

Participation in this group DOES NOT CURE ANXIETY. This group is intended to provide psychoeducation, in addition to effective tools and strategies to cope with anxiety. If you feel that your child would benefit from ongoing counseling, please speak to the counselor privately.

HEALTHY COMMUNITIES HEALTHY YOUTH®

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TOWNSHIP OF OCEAN 1849