



# Anxious, Excessively Worried or Panicked?

## A group for kids and adolescents

This group will help children and adolescents **identify their fears and understand how to manage their anxiety**. Your child will learn tools and techniques to alter their behavior or change the thoughts and reactions to situations that trigger their anxiety.

### Our curriculum will address the following skills:

- Identifying the source of the anxiety
- Assessing the facts of the situation
- Self-talk and self-rewards
- Problem solving/planning
- Relaxation techniques
- Stress management
- Affect regulation
- Emotion regulation
- Increasing resilience and tolerance
- Establishing and maintaining peer relationships
- Increasing support system

This group is open to students in **5th-8th grade** and will be starting **February 9th at 4:30**. It will run for **8 sessions**. Each session costs \$100 for a total of \$800. A parent consultation and conference are optional for an additional fee.

Our groups are led by **licensed psychologists** and are individualized based on the needs of each child. **Specific goals** are set for each child depending upon their specific difficulties. We appreciate **parent involvement** and **feedback** throughout the course.

**For more information  
please contact:**

**Morrissey-Compton Educational Center**  
2555 Park Boulevard, Suite 1  
Palo Alto, CA 94306  
Phone: 650-322-5910

