

SUMMER THERAPY GROUPS: CHILD AND ADOLESCENT ANXIETY



RUTGERS

Graduate School of Applied
and Professional Psychology

Anxiety Disorders Clinic

**Center for Applied Psychology
Rutgers, The State University
of New Jersey
797 Hoes Lane West
Piscataway, NJ 08854-8022**

732-445-5384

www.rci.rutgers.edu/~anxietyc

Description: Summer groups are forming now that will provide training on skills and strategies for children and teens who have difficulty managing feelings of anxiety. Parents will also be provided with information that may help them to more effectively support their children.

When: This is a six week program during the months of July and August, with weekly 2 hour sessions. Specific day and time will be finalized based on participant availability.

Who: Children and teens who have feelings of worry and fear that interfere with their everyday life. This program may be helpful both for participants who have never received help to better manage anxiety and for those who have had past treatment but could benefit from additional concrete skills and strategies.

Cost of the Program: \$600

Call today to schedule and intake that will help us to determine if this program may be right for your child!