

supporting your anxious teen

A VIRTUAL SIX WEEK GROUP FOR PARENTS OF MIDDLE AND HIGH SCHOOLERS WHO ARE EXPERIENCING ANXIETY OR STRESS



Discussion topics

- validating your teen
- supporting your teen's anxiety treatment
- working with schools and providers
- managing your own anxiety
- and more

Facilitated by Dr. Julia Clark

Details

WEDNESDAYS

8:00-9:00 PM

SESSION FEE

\$75 PER SESSION

Contact us



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