

ANXIETY GROUP

FOR CHILDREN AGES 8-11



What:

This Anxiety group will be for up to five students. It will help children understand anxiety, their triggers for anxiety, and coping strategies to assist them in managing their anxiety.

Where and When:

Roudenbush Community Center
65 Main Street
Westford, MA 01886

Dates: July 11, July 18, July 18, August 1

Time: 4-5pm

Instructor/Counselor:

The group will be taught by Heather Parsons, Licensed Independent Clinical Social Worker. She works as an Adjustment Counselor in a local Elementary school and has many years of experience working with children with anxiety.

Registration:

There is a registration fee of \$20 to hold your child's place in the class. Classes are \$70 for each session. Additional groups will be added if enrollment permits. Please contact Heather Parsons, LICSW by email at: heathermparsons@hotmail.com or phone at: 978-501-4117.