The Pediatric Stress and Anxiety Disorders Clinic at UIC is offering group treatment for anxious youth and their parents. The 8-week program applies cognitive behavioral therapy approaches to provide youth and their caregivers with a greater understanding and tools to manage anxiety. After participating in the group program, families are eligible for individual and family treatment through PSADC. To participate in the group youth must receive an evaluation at UIC and experience significant and impairing anxiety and worry.

What?
Group treatment for anxious youth ages 12-17

When?
Thursdays
5:15 PM-6:15 PM

Groups are offered during the Fall, Winter and Spring

Learn about the links between thoughts, feelings and behavior

Learn to manage emotions and face your fears!

COLBETH CHILD AND ADOLESCENT PSYCHIATRY CLINIC

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