



# CHILD ANXIETY TREATMENT (CAT) GROUP

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.



INSTITUTE FOR JUVENILE RESEARCH  
DEPARTMENT OF PSYCHIATRY  
**COLLEGE OF  
MEDICINE**

## **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**

1747 W. Roosevelt Rd.  
Chicago, IL 60608

Telephone: 312-996-7723

## **Web Address**

<https://www.psych.uic.edu/clinical/child-and-adolescent-services/pediatric-stress-and-anxiety-disorders-clinic>