

Think It Through

A Skills Group for Youth With Anxiety Challenges



For middle and high school age youth

Thursday Evenings
5:30-6:30 pm Middle School Group
6:30-7:30 pm High School Group

May 9th – June 27th

Think It Through is a group for youth to learn to identify strengths, understand feelings, develop safe coping and problem solving skills, and cultivate social connections.

Cost: \$240 for each eight week session
For more information, please call 888-966-0746 or email referrals@firstchildrenservices.com.

Registration deadline is Friday, May 3, 2019



(888) 966-0746

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