

FAMILY

THERAPY ASSOCIATES, LLC

150 W First St, Suite 270, New Richmond, WI 54017
715-246-4840
www.ftacounseling.com

Anxiety and Depression Group for Teens Mindfulness-Based Cognitive Therapy



Tuesdays from 5-6 pm
8 weeks: February 19th - April 9th
Ages 13-17

Treatment Focus:

- Learn skills to reduce stress and worry
- Reduce anxiety by challenging unhelpful thoughts
- Discover new thinking patterns to find relief from depression
- Relate to unwanted feelings in a new way
- Increase self-confidence through awareness and healthy thinking
- Receive feedback and support from peers

Cost: Most insurance accepted. Discounted prepaid cash rate available.

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****Please call 715-246-4840 to register****