



KATY TEEN & FAMILY COUNSELING

ONLINE ANXIETY SUPPORT GROUP THERAPY FOR TEEN GIRLS

#MERP: Managing Extreme Reactions to Perceptions

- ✓ Has the happiness your teen used to experience slowly dwindled due to anxious thoughts and feelings?
- ✓ Is your teen girl struggling with perfectionism?
- ✓ Has the confidence of your teen been challenged by anxiety, social anxiety, or panic attacks?

This group is for teen girls experiencing symptoms of anxiety. This course provides an introduction to understanding symptoms, developing coping skills, and creating a symptom management plan.

YOU WILL LEARN:

- ✓ How to identify symptoms of anxiety
- ✓ Identifying mental roadblocks (negative self-talk)
- ✓ Self-compassion mindfulness/coping skills
- ✓ Identify values and set goals
- ✓ Develop a symptom management plan

This group is led by Jheri Walters, LCSW-S. Jheri has been working as a therapist with teens and adults since 2010. My courses combine real-life experiences and professional step-by-step counseling. I focus on practical explanations so you can be sure to truly understand even the most complex topics.

When: Tuesday's at 4:30 pm - 5:30 pm starting January 11th, 2022.

Where: Online through Google Meet.

Ages: 15+

How Long: This is a 5-week group and spaces are limited to the first 5 teens who RSVP.

How Much: \$70 per group session and is paid in advance.

How Do I RSVP?

If you are interested in your teen attending, you can contact Tina James at: 346-202-4662.

www.katyteenandfamilycounseling.com
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