

GROUP THERAPY PROGRAM – SPRING 2018

**COLLEGE READINESS
GROUP**

for Teens with Anxiety



Feeling anxious about leaving home for college?

Do you struggle with social anxiety, separation anxiety, panic disorder, perfectionism, or excessive worry?

**Gain the skills and confidence needed for a
successful transition to college!**

Cognitive Behavior Therapy (CBT) is an evidence-based treatment that works successfully in group environments to address anxiety. You can expect to:

- **Set individual goals to address your own college-related anxiety**
- **Challenge, and change negative thought patterns**
- **Use mindfulness and acceptance strategies to face anxiety**
- **Engage in “exposures” to anxiety-provoking situations**
- **Plan proactively to utilize college-specific resources while away**
- **Hear from other teens with similar concerns**

Thursdays, 3:30-4:45pm

April 12-May 31

For more information: 202-363-1010, x 0

RossCenter.com // dcinfo@rosscenter.com