

Young Girls Anxiety Support Group

This is a support group for girls 10 to 13 years of age that are experiencing anxiety and concern over issues such as how to handle daily stress, school demands, peer conflicts, increased responsibilities at home and how to balance everything and still have time for friends. This support group will provide the girls the ability to meet and discuss with peers feeling the same way.

Topics of Interest:

- Learning relaxation coping skills
- Identifying triggers of anxiety
- Discussing conflict resolution
- Effectively communicating thoughts and feelings
- Improving self-confidence and accepting imperfections
- Using time-management skills
- Building new friendships

This group will meet bi-weekly for 8 weeks on Saturday mornings from 11:00am to 12:00pm. The beginning date will be determined upon interest in participation in the group.

This group is facilitated by Dena Otrin, Licensed Professional Counselor at Bayside Counseling, LLC.

Most commercial insurances are accepted. The self-pay rate is \$30.00 per session.

If you are interested in participating in the group or have any questions please call Dena at (860) 399-9500.