



Anxiety Boot Camp for Teens Ages 14-18

Struggling with anxiety? Fear of speaking in public?
Concerned about what others think of you?

Having difficulty managing worries about school or relationships?

- Join in games and group activities with teens just like you
- Practice managing fears in a safe space
- Learn why you have these thoughts and feelings
- Learn how to control your worrisome thoughts...and more!

Date: Monday – Friday, June 24, 2019 – June 28, 2019

Time: 9:30am – 1:30pm

Length: One week

Fee: \$150 (fee includes 2 booster sessions in August & September)

Please call 610-436-2510 for more information or to enroll!

Space is limited!



**Cope with sudden
surges of anxiety**

**Learn how to stay
grounded**

**Control
worrisome
thoughts**

**Improve
relationships and
interpersonal
skills**

You got this!!!

COMMUNITY MENTAL HEALTH SERVICES

125 W. Rosedale Ave.
Wayne Hall, 8th Floor
West Chester, PA 19383

610-436-2510

www.wcupa.edu/CommunityMentalHealth