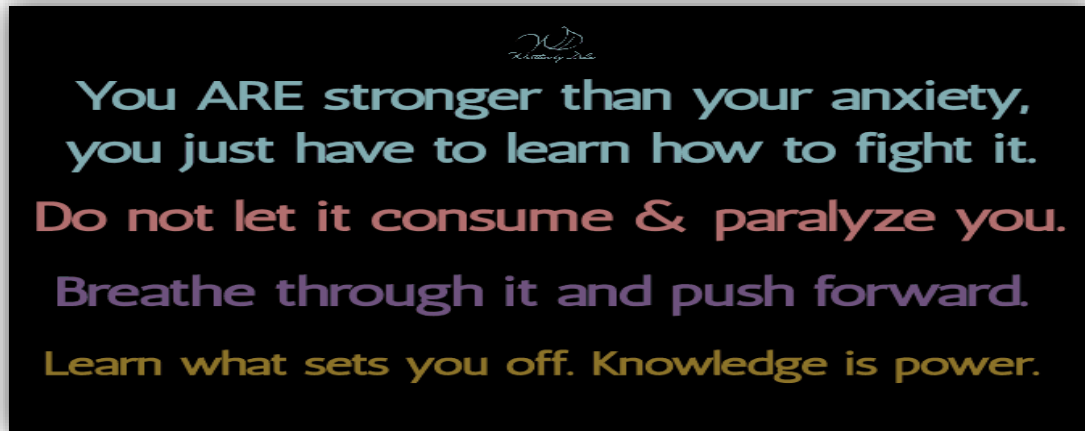


Feeling stressed, overwhelmed or anxious? There are ways to manage anxiety...



Join CarePlus at Tenafly High School's

Anxiety Strategies Group

and learn skills to help you cope

In the "Blue Room" in the Guidance Suite on Wednesdays

during lunch 8 weeks, 45-minute sessions

Topics: Understanding symptoms of anxiety, stress management, thought reframing, self-talk, deep breathing, relaxation skills, and other ways to manage anxiety more effectively and feel calmer.

Contact Jessica Lopes, Tenafly SAC 201-816-6631, jlopes@tenafly.k12.nj.us
Heather Brown-Huston, Care Plus NJ LPC heatherb@careplusnj.org, 201-816-6626
or school counselor. Parent permission required through this [registration form](#).