

Anxiety Warriors

Stress-Reduction Skills, Building Confidence, and Finding Peer Support!

Anxiety Warriors members will practice calming techniques, learn how to fight negative thoughts, and navigate what starts anxious feelings. We will learn these topics through fun games and hands-on activities to make your teen feel excited and comfortable! Snacks will be provided.

Ages 11 - 15 years old

Wednesdays, 6:00-6:45 pm

June 15th - July 27th (7 weeks)

\$40/session



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Register Today!

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