



## Stress Reduction Group for Teens



**Time: 6:00pm – 7:00pm**

Dates: March 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> and April 4<sup>th</sup>

**Tamalpais Pediatrics**

**400 Professional Center Drive, Ste. 423**

**Novato, CA 94947**

How often do you picture worst-case scenarios? Are these worrying thoughts affecting your mood, getting in the way of your school work, your friendships, or simply getting through the day? Come learn how to build your personal skills in coping with stress!

### **What will I get out of participating in the group?**

You will get the chance to learn about:

Anxiety and how it may be impacting you

Skills to help you cope and manage stressful thoughts or worries

How to give and receive support from others

The strengths you have and how to use them when you are feeling anxious

### **What is expected of you?**

Be willing to try new things

Talk about issues and listen to others in a respectful manner

To keep information about the group members confidential

**Call 415-461-0440 to register today!**

**\$100 for the entire 4 week program**

Nell Branco, LCSW is the group leader and has worked in schools with teens in Marin, San Francisco, and the East Bay.