



The Adolescent IAC is an *intermediate* level of care that teaches how to apply the basic skills necessary to lead a fuller, more enjoyable life.

Is your child. . .

- worried about being around or talking to people?
- overly concerned with what others may be thinking?
- rigid and needing things to go a certain way in order to feel ok?
- having a hard time getting to, arriving late, or feeling like they can't make it through school, sports or other important activities?
- worried or "on edge" all the time?
- having bouts of crying, shaking, fidgeting, stomach aches?
- experiencing racing thoughts or obsessive thoughts?

If so, your child may be experiencing heightened anxiety.

Call (630)526-3030

**Vital Living Wellness Solutions, LLC
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Clinic Includes:

- * **Comprehensive Intake Appointments to set customized goals**
- * **20-Week Curriculum focused on anxiety management**
- * **Dialectical Behavior Therapy (DBT)**
- * **Acceptance and Commitment Therapy (ACT)**
- * **Weekly Groups (1.5hr) divided by age**
- * **Weekly Parent Reports**
- * **Monthly Multi-Parent Groups**

www.VitalLivingWS.com