

FREE TEEN ANXIETY GROUP



**GROUPS ARE ON SUNDAYS
BEGINNING SEPT 8TH, 2024
5:00-6:30PM
7-10 WEEK GROUP
AGES 13-18**

**AVERY FELLMAN CMHC INTERN & APRIL MANN CMHC INTERN
LOCATION: 445 S LAPORTE DR, PUEBLO WEST, CO, 81007**

**Welcome to our Teen Anxiety Group, where we create
a safe and supportive space to share experiences,
learn coping strategies, and grow together in
managing anxiety.**

**To inquire about this group or join group
please call 719-404-6618**

**PS Enjoy a Session were we do TIKTOK
trend of Anxiety Dump Candy Salad!!**