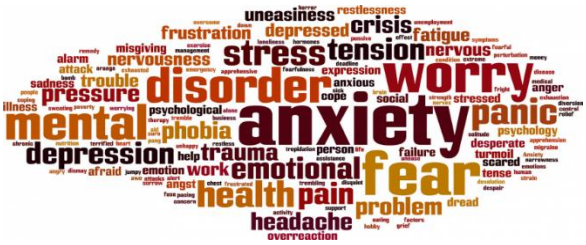

Teen Anxiety Group

A 10 week group designed for high-school aged teens struggling with a variety of anxiety disorders (Panic Disorder, Social Anxiety, OCD, and Generalized Anxiety Disorder).

Led by Jill Brazao, M.A., LMHC

Location: The PsychED Group
165 E. Grove St, Suite B, Middleboro, MA 02346

When: Thursdays, 7:15-8:15 p.m., beginning July 26, 2018

Age Group: High School aged Teens (14-17*)

Cost: $40 session or billed through your insurance (Co-pays and deductibles will apply)**

Group Size: 5-10 group members

Teens will learn various tools and skills to help manage their symptoms, including:

Identifying common and self-specific anxiety symptoms

Identifying and challenging thoughts/self-talk that lead to anxiety

Relaxation techniques

Cognitive Behavioral Techniques

Mindfulness & Meditation techniques

Intakes will take place throughout the month of December ($125 or billed through insurance).

To set up a group intake please email Jill directly at Jbrazao@thepsychedgroup.com or call 1-800-273-6277.

***Teen may by 18 years old if still in high school and deemed appropriate for the other group members.**

****Accepted Insurances: BCBS, Harvard Pilgrim, Aetna, Tufts, Tufts Network Health, Cigna, United Health Care**