



## **New at Paloma Place: "I've Got This!" Anxiety Group for ages 9-13 beginning in June**

Sign up is now open for a new anxiety group for children 9 to 13 years of age.

The Summer Anxiety Group will begin Thursday, June 6th and run for nine weeks. An intake appointment is required to attend group sessions.

- Utilizes evidence-based Coping Cat Program: Cognitive Behavioral Therapy for Anxious Children
- Children will learn the necessary skills to successfully cope in a variety of anxiety-provoking situations through skill-building and practice
- Parents will learn tools on how to help their child overcome anxiety

**For more information and to set up an appointment to determine if this group is appropriate for your child, please contact Paloma Place at (830)455-4840 or email the intake coordinator at [jflores@palomaplace.org](mailto:jflores@palomaplace.org)**





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