



## DECATUR DBT ANNOUNCES

### ANXIETY GROUP FOR MIDDLE SCHOOL STUDENTS

**4 SUNDAYS- MARCH 4, 11, 18, 24**  
**2:00-4:00pm**

City of Decatur location TBA

Do you have a teen who struggles with feelings of anxiousness? Does your teen worry excessively about peer relationships, testing, or before events? Is your teen able to balance among family time, friendships, academics, and extracurricular activities effectively? Have you found that your teen often procrastinates? Does your teen avoid discussing their future or expresses fear of the unknown?

This group will give your teen time and space to learn and explore how to manage feelings of anxiety through a series of topics utilizing evidence-based Dialectical Behavioral Therapy.

**Facilitated by Lianne Stevenson, LCSW**  
**Intensively Trained in DBT and DBT-Linehan**  
**Board of Certification Certified Clinician™ and**  
**Renee Hall-George, LMSW**

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#### **Topics:**

- **The connection between thoughts, feeling and behaviors leading to anxiety.**
- **Healthy coping and relaxation skills such as breathing, visualizations, mindfulness, thought stopping, and progressive muscle relaxation.**
- **Self-care to prevent anxiety through proper exercise, adequate sleep, and balanced diet.**
- **Create a distress tolerance kit for school, home, community, etc.**
- **Resolve conflicts through effective communications.**
- **Identify types of anxiety such as general, social and testing and phobias.**
- **Coping skills plans based on all of the new skills learned in this group.**

**\$300 For Group Series- no more than 10 participants with 2 group leaders**

**Free phone consultation/screening**

**Email or call to schedule**