



MANAGING STRESS & ANXIETY FOR TEENS

Six Week Workshop

Wednesdays from 4:00 - 5:00 PM

October 11 – November 15, 2017

The workshop series utilizes evidence-based approaches and CBT strategies intended to simplify the cycle of thoughts, emotions, physical feelings, and behaviors that students often experience.

Objectives of this workshop include:

- Examining thoughts that lead to stress and anxiety
- Learning effective tools and strategies for recognizing triggers for stress
- Exploring evidence-based behavior modification strategies to manage stress and anxiety

Week 1: What is Stress?

Week 2: The Worry Cycle

Week 3: Junk Mail Thoughts

Week 4: Ignoring Unhelpful Thoughts

Week 5: Changing Unhelpful Behavior

Week 6: Managing Social Media

Trinity Counseling Service,
22 Stockton Street, Princeton, NJ 08540

\$150 for 6 weeks payable in advance by check, credit card,
phone or online at www.trinitycounseling.org

Group size limited, please register early.

Call: 609-924-0060 for more information



Workshop Facilitator:

Kimberly Beury, LPC

M.Ed., M.A. Teachers College, Columbia University
Experience in youth development and mental health
for more than 12 years

Trinity Counseling Service (TCS) is an independent 501 (c) 3, non-profit mental health agency providing individual, family, and group counseling to those confronting life's challenges.

Healing minds, Strengthening hearts, enhancing lives... One at a time.