

# Tool Building for Depression & Anxiety Group

GOOD FOR KIDS WHO:

- DEPRESSION DIAGNOSIS OR TENDENCIES
- ANXIETY DIAGNOSIS OR TENDENCIES
- BECOME OVERWHELMED W/ SADNESS OR STRESS EASILY

DATES:

SEPT 13TH: A  
SEPT 20TH: B  
OCT 18TH: A  
OCT 25TH: B  
NOV 1: A  
NOV 8: B  
NOV 15: A  
NOV 29: B  
DEC 6: A  
DEC 13: B  
DEC 20: A

GROUP A: AGES 8-10  
GROUP B: AGES 11-13

4:00PM-5:00PM

This group uses Cognitive Behavioral Therapy (CBT) and Mindfulness principles and tools to address concerns and symptoms common to those struggling with depression and anxiety. This is a 10 session group with each group building on previous knowledge, though it is possible to join in at any session.