

Groups for 6th-8th Graders are Starting Soon!

Middle School Anxiety & Depression

Would your student like help dealing with anxiety or depression?



If your junior high/middle school student suffers from anxiety or depression, it can often feel like they are “the only one.” The truth is that many students are challenged by anxiety and depression and it can affect their friendships, school work, and family relationships. Your student can find help using research-supported Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) in an age-appropriate anxiety & depression group.

- ❖ Discuss the Relationship Between
How You Think, Feel & Act
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Learn Ways to Manage Emotions
- ❖ Provide & Receive Support from Peers

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