

Groups for Students in 9<sup>th</sup> – 12<sup>th</sup> Grade are available to join now!

# Teen Anxiety & Depression

*Would your teen like help dealing with anxiety or depression?*



If your 14 to 18 year old teen suffers from anxiety or depression, it can often feel like they are “the only one.” The truth is that many teens struggle with anxiety and depression and this can affect their friendships, school work and family relationships. Your teen can find help using research-supported Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other Third Wave CBT approaches.

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

*Susan Myket, Ph.D. & Associates*  
**(630) 355-9002 or [www.myketandassociates.com](http://www.myketandassociates.com)**  
**1415 Bond St., Suite 127 Naperville, IL 60563**