

Dare to Dream: Beyond Fear

Overcoming Anxiety and Stress
A group for high school girls



A one-hour, weekly summer group dedicated to building skills for managing anxiety and stress, using ACT and DBT therapies

DATES: Tuesdays beginning July 10- August 15, 2018 (6 sessions)

TIME: 5:30 – 6:30 pm

LED BY: Kristen Ras, MA & Grace Schuler Spencer, MA, LPC, NCC

COST: \$125 for all 6 sessions, due and payable at first session

PRE-REGISTRATION REQUIRED: Please call 630-752-9750 x10 to register



www.cdpec.org

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