

Dare to Dream: Beyond Fear

Overcoming Anxiety and Stress
A group for teens



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

DATES: Tuesdays, beginning January 15 thru Feb 19 (6 sessions)

TIME: 6:00 – 7:00 pm

LED BY: Grace Schuler Spencer, MA, LPC & Wendy Smith, MA, MS

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

Some insurance accepted. Call for details.

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



www.cdpec.org

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