

Dare to Dream: Beyond Fear

Overcoming Anxiety and Stress
A group for high school girls



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

DATES: Tuesdays beginning April 30 – June 4, 2019 (6 sessions)

TIME: 4:00 – 5:00 pm

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

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

PRE-REGISTRATION REQUIRED by April 23: Please call 630-752-9750 x10 to register



www.cdppcc.org

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