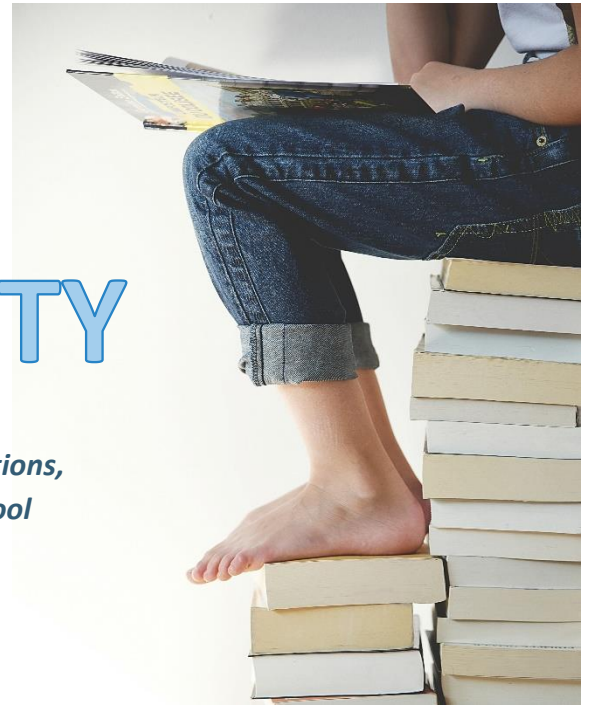


Coping with SCHOOL ANXIETY SCHOOL ANXIETY

A six-session workshop designed to give teens tools and strategies to positively affect negative emotions, thinking, self-esteem, and behaviors relating to school anxiety and avoidance.



Weekly Sessions

Week 1: Sept. 18

Week 2: Sept. 25

Week 3: October 2

Week 4: October 9

Week 5: October 16

Week 6: October 23

5:00-6 p.m. Wednesdays

Post pandemic, educators have seen a marked increase in anxiety among students related to attending school. Some of the signs include not wanting to attend or refusing to attend, avoiding schoolwork, lack of motivation, headaches, stomach aches, and changes in appetite or sleep patterns, among other things.

Using an evidence-based curriculum, facilitator Ashley Kranz, LCSW, will help teens identify and understand possible triggers for their school anxiety and/or avoidance. Each session will offer participants the opportunity to develop skills and strategies for coping with their triggers, specifically in a school setting. Participants will receive a personalized coping skills “kit” to take with them at the conclusion of the 6-week course.

Ashley is a licensed therapist at the Central DuPage Pastoral Counseling Center. Prior to joining the Center, she worked in the local school system for 15 years as a licensed clinical social worker.

COST: \$180 for all 6 sessions (includes the coping kit)

Registration and payment **deadline is September 18**

To register: [cdppcc.org/events/Coping with School Anxiety Registration](https://www.cdppcc.org/events/Coping%20with%20School%20Anxiety%20Registration)
(or use the QR code). No refunds will be issued for missed sessions.

LOCATION: 507 Thornhill Dr, Carol Stream



www.cdppcc.org

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