



A GROUP FOR KIDS WITH ANXIETY

WORRY WARRIORS

6 Week Group for Kids Ages 6 to 11

Does your child have a lot of fears and worries that keep them from doing things or enjoying themselves? If so, there is 6 week group to help kids conquer their anxiety and overcome their worries. Kids will share ideas of how to overcome worry and anxiety. They will be around other kids who are dealing with similar thoughts and feelings and realize they are not alone. Art and play techniques will be used to help your child express themselves, learn skills to calm themselves and feel better in general. Groups held each Thursday beginning 4/11/19. Parent orientation on 4/7/19. Groups limited to 6 children each. \$50 per session. Please call soon as groups fill up fast (501) 837-0093.

Your Child Will Go From Worry to Warrior in 6 Weeks!

Tips to Take Charge of Worries

Practical Skills to Use Every Day

Learn to Calm Your Body and Your Mind

Tips for Parents to Help Their Child

HEATHER CHAPMAN-HENRY, LCSW, RPT

Up Therapy

2312 Durwood Rd.

Little Rock, AR 72207

chapmanhenry@sbcglobal.net