
CUCARD WESTCHESTER

BACK-TO-SCHOOL GROUPS

Groups are intended for youth with a history of school-related anxiety, school avoidance, and/or those who may feel anxious upon returning to school. Group treatment is appropriate as a supplement to individual cognitive-behavioral therapy (CBT) or for children or adolescents who have already completed a course of CBT. Groups will focus on the review and practice of anxiety management strategies to help promote a successful return to school!

Middle School Anxiety Group

Who: Children ages 11-13 in middle school

When: 9:00 – 10:00 AM daily, 60-minute sessions, August 29 – September 2

Where: Zoom

High School Anxiety Group

Who: Adolescents in grades 9-12

When: 11:00 – 12:00 PM daily, 60-minute sessions, August 29 – September 2

Where: Zoom



FOR MORE
INFORMATION
PLEASE CALL CUCARD-
W INTAKE
COORDINATOR ELLEN
COHEN
212-304-5852

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WESTCHESTER**

