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

CUCARD WESTCHESTER
155 White Plains Road Suite 203 Tarrytown, NY 10591