



Alexian Brothers Center for Mental Health

Presents Teen Anxiety Group Ages 13-17

In this ten week program, you will learn practical and effective techniques to decrease your anxiety by mastering:

- Relaxation
- Coping with Panic
- Overcoming Negative Self-Talk
- Changing Mistaken Beliefs
- Increasing Self-Esteem

Alexian Brothers Center for Mental Health
3350 Salt Creek Lane, Unit 114
Arlington Heights, IL 60005

*Please contact 847-952-7464 for more
information*



Presented by Nisha Shah, MS, CRC, LCPC



ALEXIAN
BROTHERS
HOSPITAL NETWORK

A Healthy Community Begins with Alexian Brothers.

www.AlexianCenter.org

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