

What's NOT to Worry About?

Parent & Teen (12-14 & 15-17 y.o.) Anxiety Group



You're Invited!!

Ever worry about your teen that excessively worries? Not sure how to help him/her? Many therapy groups treat only the child, which is great, except it offers little to no support for you, as parents! This group addresses the needs of both, although separately. Groups alternate meaning the odd weeks are for parents, and even groups are your tween/teen.

While there is some overlap in the content, most is specific to each group. Having a healthy avenue to talk about your worries and learning how to respond to your thoughts is crucial in living a happy life. I invite YOU and your TWEEN/TEEN to join group geared toward support, learning and applying healthy skills, and preparing for a happy future.

CALL NOW for more information!

When: TBD, 8:30-9:30pm

Where: MLB Therapy, PLLC (mlbtherapypllc.com)
120 E. Market Street, Unit 2
Leesburg, VA 20176

Register: Michelle Bogdan, LCSW
(703) 554-2882