

Middle School Anxiety & Depression

& all the “My Daily Life has Radically Changed” Feelings

Would your kid like help dealing with anxiety, depression, loneliness, worry, and all the other intense feelings brought out during these uncertain times?



Our worlds have been turned upside down and a lot of middle schoolers are really struggling – many are worried & bored & lonely. We want to support your middle schooler by giving them a time and place to share while learning how to help themselves when they have overwhelming thoughts and feelings. Our groups have successfully shifted to telepsychology and kids are being supported and seeing growth in new skills & strategies for this unique time. Your student can find help using research-supported Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) in an age-appropriate telepsychology group.

- ❖ Discuss the Relationship Between
How You Think, Feel & Act
- ❖ Increase Awareness & Acceptance of Emotions
- ❖ Learn Ways to Manage Emotions
- ❖ Provide & Receive Support from Peers

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