

New Groups Starting Soon – Call to Save Your Spot!

Middle School Anxiety & Depression

Would your kid like help dealing with anxiety, depression, loneliness, worry, and all the other intense feelings they are experiencing during these challenging times?



Our daily lives have radically changed and a lot of middle schoolers are really struggling. 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

Susan Myket, Ph.D. & Associates
(630) 355-9002 or www.myketandassociates.com
1415 Bond St., Suite 127 Naperville, IL 60563