

BUILDING BRAVERY



This 8-week group aims to provide children with skills necessary to cope in a variety of anxiety-provoking situations.

Kids will learn how to understand their cues to anxiety and practice strategies to reduce worry. Both kids and caregivers will leave this group with an understanding of anxiety and tools to master feared situations.

WHO:

Kids ages 8-10 years old

WHEN:

5:30-7:00pm on Tuesdays

Feb 18 – April 14 (skips Spring Break)

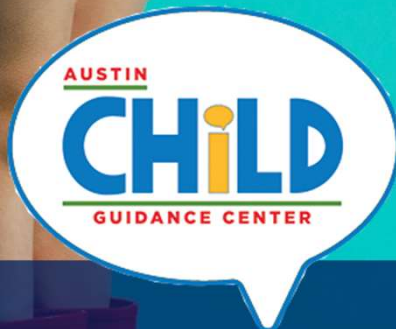
WHERE:

Austin Child Guidance Center

810 W. 45th Street Austin, TX 78751

COST:

Sliding Fee based on income and family size



Please contact: Austin Child Guidance Center

<https://www.austinchildguidance.org/services/currentgroups.html>

Phone: 512-451-2242