



Being a teen can be rough...



Do you find yourself worrying about your future, your exams, your grades, your family, your friends, your safety, your social life, and/or . . . ?

Does your mind race?

Does your worry make it difficult to concentrate on school work and/or exams?

Do you feel restless and have a hard time sleeping?

Do you sometimes feel jittery and out of control?

Are you a perfectionist?

**If you answered "Yes" to any of these questions,
Teen Anxiety Relief Training Can Help!**

**Teen Anxiety Relief Training is a weekly, 7-session program
for teens age 15 to 18**

When

Mondays 5:30 - 7:00 PM
April 9 to May 21, 2018

Where

Elliott Counseling, 7304 10th St SE, Suite B201
Lake Stevens, WA 98258

Cost

\$175 for the entire 7-week series (\$25/session) if paid by April 1st, \$210 for the entire 7-week series (\$30/session) if paid between April 2 and 8, \$35 per session if paid weekly (space permitting)

More Information & Registration

www.elliottcounseling.com/teen-anxiety

