



## Anxiety is one of the most common challenges for teens.

Anxiety is a normal part of life but it can be a problem when we experience it a lot, when it stops us from doing fun and important things (making friends, speaking in class, getting your driver's license) or makes us feel upset and distressed.

## Facing Fears Together Can Help

In six weekly sessions, teens will learn about anxiety and ways to manage with the support of a small group.



Contact the CMHRT to find out more about the **Facing Fears Together** (Group CBT for anxiety) offered from **Thursday April 21 to May 26, and June 16, 2022, from 4:30 to 6:00 pm.**

Please contact [cmhrtintake@uwaterloo.ca](mailto:cmhrtintake@uwaterloo.ca) if you would like to participate and to discuss whether it is suitable. Space is limited. For more information, please see <https://uwaterloo.ca/cmhrt/>

