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 beginning Tuesday April 23, 4:30 to 6:00 pm.

Please contact 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/