



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 in-person beginning **Wednesday March 20, 2024, from 5:00 to 6:30pm.**

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 the following website:

<https://uwaterloo.ca/mental-health-research-treatment/clinical-services-resources/therapy-groups>

