

# WORRY WARRIORS

## A THERAPY GROUP FOR CHILDREN WITH ANXIETY

This 6-week therapeutic group is intended for children ages 7-10 who experience worry or anxiety and can benefit from learning tools to improve regulation skills and decrease intensity and frequency of anxiety.

Participants will learn how to be warriors of their worry by:

- understanding the purpose of anxiety and other emotions.
- gaining and practicing calming skills.
- identifying when their worry is taking control and implementing action steps to decrease worry.
- learning to stop, check, and change unhealthy thought patterns.

Parents will be given weekly handouts with information regarding skills and education that takes place in group counseling sessions.

**ASSESSMENT SESSION REQUIRED.**

WHO: Children ages 7-10 that experience anxiety/worry

WHAT: 6-week therapeutic group

WHEN: Monday evenings at 4pm-5pm: May 2 - June 13

WHERE: The Center for Christian Counseling  
4868 High Crossing Blvd, Madison, WI 53704

COST: \$100 per session with possibility of insurance coverage

**To register call 608-274-8294 or email  
[christiancounselingmadisonwi@gmail.com](mailto:christiancounselingmadisonwi@gmail.com)**

### LIMITED AVAILABILITY



Tiffany Raley, LPC, NCC

Tiffany is a Licensed Professional Counselor with ten years of experience counseling both children and adults. Tiffany uses play and movement in children's therapy to help them meet their therapeutic goals.

