

WASHINGTON ANXIETY
CENTER OF CAPITOL HILL

Mind Over Anxiety Teen Group

A 10 session anxiety group for teens ages 13-18 years old using CBT/ACT strategies to manage anxiety and get more out of life.

WHEN: Wednesdays,
4:30-6pm

BEGINS: New cycles start
through the year

WHERE: In-person at
our Capitol Hill office

Group Facilitator:
Anna Villavicencio, Ph.D.

For more information
please contact our office at
202-768-6494 or email us at
[admin@washingtonanxiety
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