

# ***Boss Back Worry! (Teens) - An 8-Week Anxiety Intervention Program for Adolescents & Caregivers***

**October 23 – December 11, 2018**

**Tuesdays: 6:00pm – 7:30pm**

**What:** An 8-week cognitive-behavioural therapy program for youth (14 to 17 years of age) and their parents/caregivers to learn skills to manage anxiety.

**Where:** 1163 Richmond St., Child and Youth Development Clinic (CYDC)

**Details:** Program designed for adolescents experiencing high levels of anxiety that is impacting their well-being and success. Maximum 10 families.

Program led by Dr. Colin King and Psychology Graduate Student Clinicians with youth (and adult) specific programming.

**Please email** Leesa Couper – [lmcouper@uwo.ca](mailto:lmcouper@uwo.ca) for more information.

Children First for a Stronger Community



Child and Youth  
Development Clinic