

# YOU'RE NOT ALONE!

Female focused anxiety support group  
for teens



## ABOUT THE GROUP:

There is no shame in struggling with anxiety, yet it might sometimes feel like we're the only ones that know the struggle. YOU'RE NOT ALONE! The purpose of this group is to find a space where participants are able to not only connect and build community, but also empower themselves with their anxiety struggles.

## WHAT WILL YOU LEARN?

Not only will you have a safe space to discuss anxiety struggles, but you will also gain the following:

- Coping skills
- Emotional regulations & expression
- Exploration of experience and emotions

## Information:

Teens (Ages 14-17): Wednesday July 12, 2023- August 13, 2023

Duration: 5 weeks in person

Time: 6:30pm-7:30pm

Insurance and payment: Cal-optima (through medi-cal) or \$40 per session.

Interested: Please call or text Anali  
562-584-0148

An illustration at the bottom of the page shows three stylized figures with dark hair and skin tones, wearing pink shirts, hugging each other. The background of the entire page is a soft gradient from light blue at the top to light pink at the bottom.

Orange County Depression and Anxiety Family Therapy  
2030 East 4th Street  
Suite 138F  
Santa Ana, CA 92705