

Freedom From Anxiety

A CarePlus group for children and adolescents who are experiencing anxiety. The group setting helps to promote healthy social relationships, while increasing the youth's ability to recognize signs of anxiety and strengthen their coping skills.

Freedom From Anxiety is a therapeutic group for the treatment of anxiety disorders in children and adolescents. The program integrates elements of a behavioral approach (such as relaxation training and role playing) with a cognitive approach (including cognitive restructuring and problem solving), occurring within a group setting to encourage healthy inter-personal relationships.

Program Goals: Over the 8-week group cycle, the overall goal of the program is to provide children with the coping skills needed to assist in a variety of anxiety-provoking situations.

- Emotional education
- Awareness of bodily reactions when anxious
- Identification and modification of anxious self-talk
- Relaxation techniques
- Role plays and reinforcement techniques
- Practice of newly acquired skills in anxiety eliciting situations

Insurance is accepted.

For more information or to register...

Call Gabriella Urato, LSW at 201-797-2660 x5210
or email GabriellaU@CarePlusNJ.org

Our Philosophy:

Coping skills and strengths developed in childhood carry into adult life, helping individuals reach their full potential. With this in mind, we strive to deliver programming and resources that assist individuals in navigating our complicated world.



healing one another...together