



SKILLS GROUP **AGES 8 - 12**

MANAGING **ANXIETY**



January 12 - March 1, 2024
Fridays 4:00 - 5:30pm

Transformative Family & Counseling Services
18537 1st Avenue S., Ste. B
Normandy Park, WA 98148

Join Us and Learn:

- Coping Skills
- Relaxation Skills
- Problem Solving
- And More!

Registration & Information:
503-487-2763

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