

Carbondale High School Counseling and
Social Work Department

Stress Less Group

A 6-week counseling group designed to
understand your Anxiety and find ways to
cope with it.

Topics will include:

- ✦ Can I retrain my brain not to worry so much?
- ✦ Identifying and practicing coping skills for maintaining a healthy mindset
- ✦ Getting out of the rut of negative thinking to change the way you feel.

Groups will be held during the school day - once per week for 6 weeks. Groups are staggered throughout the day so students will only miss class one time.

All
Are
Welcome

Contact your school counselor,
social worker, or
[Sign up here!](#)



Sign up by September 15

Sessions start on Thursday September 22nd