



Anxiety and OCD Treatment Center of Ann Arbor

Providing evidence-based treatment across the lifespan

CHILDHOOD ANXIETY CLASS

Does your child struggle with worry, panic, phobias, or other anxiety symptoms?

The Anxiety and OCD Treatment Center of Ann Arbor will be offering a 4-week class on CBT for childhood anxiety. The class is open to children ages 9-13 as well as their parents. Two expert clinicians in cognitive-behavioral approaches to childhood anxiety disorders will co-lead this class. Parents and children will attend separate classes (held at the same time), with an opportunity to reconvene and discuss topics in the final meeting.

Families that are a good fit for this class have children who struggle with anxiety, and parents ready to make behavioral changes. We are taking a waitlist for a separate class for children with OCD.

Dates: Thursdays from 4:30PM – 6:00PM
February 22- March 15

Costs: \$240 for one child only or one parent only
\$360 for one child + one parent
\$480 for one child + two parents

Full payment is due prior to the first class. These classes are not covered by insurance due to being education-based. You may use a flex spending account.

For an additional fee, childcare available for siblings.

To sign-up, please email

frontdesk@anxietyannarbor.com

4 week class on
childhood anxiety

Led by expert CBT
clinicians

Parents and children
will learn about:

Week 1

Anxiety 101 & Changing
Anxious Thinking

Week 2

Dealing with Strong
Feelings

Week 3

Facing Fears

Week 4

Putting it all together!

THURSDAYS
4:30 – 6:30 PM

ANXIETY AND OCD TREATMENT
CENTER OF ANN ARBOR
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www.anxietyannarbor.com