



**Starting
October 1st
Tuesdays from
6PM-7:30PM**

Group runs every week for eight weeks beginning on October 1st and ending November 19th (the week before Thanksgiving break). A second round will be offered in the Spring.



What is Coping Cat?

Coping Cat is an evidenced based program designed to help normalize the experience of anxiety for youth while developing skills to effectively address anxious thoughts, feelings, and behaviors. Group members will participate in numerous activities that may include art activities, group discussions, games, and experiential exercises to understand what anxiety is and how it develops, learn how to challenge fear based self-talk and change anxious thinking (C.A.T. of coping cat), and coping with big transitions by learning “changes aren’t terrible” (another C.A.T. of coping cat).

Priority given to and FREE for Oak Park & River Forest residents.

Contact Abby Gomez De La Casa, LSW, ICDVP at 708-383-7500 x 416 or agomezdelacasa@thrivecc.org for questions and registration.

Please note this group may not be appropriate for all who wish to participate so screening is required. Space is limited so call or email today!

Sponsored By:

