

EVIDENCE BASED

CHILD ANXIETY AND STRESS MANAGEMENT GROUP



This cognitive behavioral group is designed for elementary school-aged children who have symptoms of anxiety including frequent worry, fears, nervousness, and stress.

Program Goals

- Learn to recognize anxious feelings and physiological reactions to stress
- Participate in relaxation skills training
- Identify and change maladaptive thinking patterns
- Develop an individual coping plan
- Complete homework tasks to practice skills in real-life situations

Where: 169 Libbey Industrial Parkway, Weymouth, MA

Contact Dr. Vanessa Casavant, Ph.D at 781-551-0999 x469. This group may be covered by your health insurance. Please speak with Dr. Casavant for details.



Dr. Casavant treats a wide variety of behavioral health problems and uses evidence-based psychological treatments, including cognitive behavioral therapy for children, adolescents and families. She has worked extensively with pediatric anxiety disorders, including OCD and tic disorders, disruptive behavior disorders, sleep problems, and depression. Likewise, Dr. Casavant has expertise providing parent management training and social skills training. She also treats patients coping with medical problems and chronic illness.