



Learning to be Brave

Needles & Shots & Swabs

A One-Session Group for Kids & Parents

With Ashley Vachon, LICSW

Cognitive Behavioral Treatment that can work fast!

For children ages 6 through teens

➤ **Education:**

- What is Normal Fear
- Anticipatory Anxiety Running Wild
- Your Body's Been Hijacked By Your Mind

➤ **Parent Guidance:**

- What You Can Do to Help Your Child
- Do's & Don'ts-- Before, During & After

➤ **Intervention & Treatment:**

- Calming Down Your Body
- Calming Down Your Mind
- Regaining Control Over Fear
- Gradual Exposure + Practice... *at your own pace*

When: Monday, October 21st from 4:30 PM-5:30 PM

Where: Right Here at CMO!

Call us to Register: 978-975-3355

Insurance Accepted

Please use overflow parking near TD Bank



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