



CHILDREN'S
MEDICAL OFFICE
of North Andover, P.C.



Family
Counseling
Associates

Learning to be Brave

Needles & Shots & Swabs

A One-Session Group for Kids & Parents

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, August 24th** from 5:00PM-6:00PM with Ashley Vachon, LICSW
Tuesday, September 8th from 5:00PM-6:00PM with Megan Cahill, LICSW

Where: At the convenience of your home! We will meet via Google Meet!

*To enroll in the Monday, August 24th session, email Ashley at: ashley@fca-ne.com

*To enroll in the Tuesday, September 8th session, email Megan at: megan@fca-ne.com

Insurance Accepted