Brave & Steady

A worry and coping skills group

4th and 5th graders

Six weeks of practical tools for when worry gets in the way.

This group is for kids who

- Overthink or ask for reassurance
- Have big reactions to mistakes
- Avoid things that feel hard
- Get thrown off when plans change

Kids will learn to

- Spot worry in their body and thoughts
- Use calming tools
- Handle mistakes and changes in plans
- Try hard things, one step at a time

GROUP DETAILS

TUESDAYS	5:00 to 6:00 PM
DATES	October 6–November 17, no group November 3.
GROUP	Up to 6 participants • All genders
LOCATION	5641 Burke Centre Pkwy, Suite 118 • Burke, VA

COST + REGISTRATION

$20 per session

Paid out of pocket.

Monthly superbills available for possible out of network reimbursement.

Parent consultation required.

Space is limited.

FREE 15-MINUTE CONSULTATION

SCAN TO SCHEDULE

calendly.com/aknoll-keystonetherapygroup

Abbey Knoll, BS

Graduate Student Therapist

Supervised by Kim Rippy, LPC

Keystone Therapy Group

QUESTIONS?

aknoll@keystonetherapygroup.com