



About the Clinic

Riverview's Intensive Anxiety Clinic offers a higher level of care to teach teens the basic skills necessary to lead fuller, more enjoyable lives.

Clinic Includes

- Initial Assessment and individual session to set goals

- bi-weekly groups divided by grade level

- 16 week curriculum focused on anxiety management.

- Dialectic Behavior Therapy (DBT)

- Acceptance Commitment Therapy (ACT)

- 4 monthly parenting groups

The Intensive *Anxiety* CLINIC

For middle and high school students

Is your child:

- worried about being around or talking to people?
- overly concerned what others may be thinking?
- rigid and needing things to go a certain way to feel ok?
- having a hard time getting to or arriving late to school?
- feeling like they can't make it through the school day?
- worried and "on edge" all the time?
- having bouts of crying, shaking, fidgeting, nausea?
- experiencing racing or obsessive thoughts?

If so, your child may be experiencing heightened anxiety.

**Call 630 587 3777 x102
for information**

Riverview Counseling Services, Ltd.
111 E. Main Street., St. Charles, IL
630.587.3777



www.riverviewcounselingservices.com