



MIDDLE SCHOOL ANXIETY & DEPRESSION GROUP

The middle school years can be a confusing, and often stressful, time of transition.

Our middle school groups (age 10-13) are meeting in person to connect pre-teens with some much needed-support. We utilize Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and other Third Wave CBT approaches to assist your pre-teens navigate the challenges presented during this unique stage of life.



900 Skokie Blvd, #210

Northbrook, IL 60062

847-580-3290

HobermanWellness.com

DISCUSS THE
RELATIONSHIP
BETWEEN
THOUGHTS,
FEELINGS, AND
BEHAVIORS

DEVELOP AND
IMPLEMENT NEW
COPING STRATEGIES

IMPROVE
INTERPERSONAL
RELATIONSHIPS

PROVIDE & RECEIVE
PEER SUPPORT

CALL US FOR MORE
INFORMATION