

GO FROM TEEN WORRY TO

Teen Calm

Reduce Anxiety | Build Confidence
Understand Your Brain | Develop Coping Skills

OPEN TO ALL ADOLESCENTS, 12+ YEARS OF AGE

Facilitated by Sarah Souder Johnson, M.Ed., LPCC.

Contact Sarah at sjohnson@sentiertherapy.com

Learn more here: www.sentiertherapy.com

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