

**FEELING ANXIOUS ABOUT GOING BACK TO SCHOOL?
TRANSITIONING TO JUNIOR HIGH OR HIGH SCHOOL?
STARTING SOMETHING NEW?**

**COME JOIN
ONE OF OUR TWO NEW GROUPS!**

**GROWTH
GROUP**

*for tweens
(ages 11-13)*

OR

**GROWTH
GROUP**

*for teens
(ages 14-18)*

- **Connect with peers who are also going through changes**
- **Get help with your anxious and worried feelings**
- **Process thoughts and feelings about starting something new**
- **Explore your fears about going to a different school or going from virtual to in-person school**

**Groups beginning in June
Email Kat @ katpostelatx@gmail.com to join!**

\$40/session

Facilitated by Kat Postel, LMSW
Clinically Supervised by Doran Oatman, LCSW-S

A New Beginning Counseling
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