

THE CENTER FOR ANXIETY AND RELATED DISORDERS
AT BOSTON UNIVERSITY PRESENTS

COPING DURING COVID: A SKILLS WORKSHOP FOR TEENS



IS YOUR TEEN FEELING **STRESSED?**
DISCONNECTED?
FRUSTRATED?
UNMOTIVATED?

Our virtual workshop teaches adolescents skills for managing worry, practicing mindfulness, and engaging in values-based activities during the COVID-19 pandemic

For more information or to register, contact
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