

COMALLIE-CAPLAN COUNSELING GROUP COUNSELING FOR THE GIFTED

Go Zen: An Anti-Anxiety Relief Program for Gifted Children and Adolescents

Offered by Lori Comallie-Caplan, MA, LMSW

Does this sound familiar to you?

Your child is...

- Constantly worrying about future "what if" scenarios
- Scared to death of making a mistake?
- Transforming from worried into explosively angry
- Losing sleep due to nervousness or fear
- Asking for your reassurance over and over again



The fact is, **1 in 4 gifted children** suffer from perfectionism, anxiety or excessive worry. Your child is not alone.

By the end of the program your child will have the skills and knowledge to be more in control of their body and mind. Your child will have an understanding of what anxiety is, where it comes from, and how to effectively deal with it. Your child will leave with a whole new set of tools to help them with their anxiety.

This 8-week course will be limited to 6 children in each age group and will start on January 16, 2018. The cost of the program will be \$250 including tax.

Grades 3-5 Group will meet every Tuesday at 3:00 PM

Grades 6-8 Group will meet every Tuesday at 4:15 PM

To enroll your child today, please call Tiffany today at 526-4222, or email Lori at lcomallie@gmail.com. Payment will be due by 1/9 to reserve your child's participation.

See <http://comallie-caplan.com/82-2/> for more information on Ms. Comallie-Caplan.

*Groups may be rescheduled if Ms. Comallie-Caplan is required in Court.