



# The Coping C.A.T. Project

16 week Therapy group for 6th-8th graders struggling with Anxiety  
In-Person with Mask Required



**Tuesdays**  
**5:30pm- 6:20pm**  
**Feb 1st-May 31st**

2022 Dates:  
Feb 1st  
Feb 8th  
Feb 15th  
Feb 22nd  
Mar 1 (Parent/Guardian via Zoom)  
Mar 8th  
Mar 22nd  
April 5th  
April 12th  
April 19th  
April 26th (Parent/Guardian via Zoom)  
May 3rd  
May 10th  
May 17th  
May 24th  
May 31st

Facilitators: Ryne Dominguez, LCSW (she/her) & Yazmeen Ramirez (she/her)

Coping Cat is an evidenced based program designed to help normalize the experience of anxiety for youth while developing skills to effectively address anxious thoughts, feelings, and behaviors. Group members will participate in numerous activities that may include art activities, group discussions, games, and experiential exercises to understand what anxiety is and how it develops, learn how to challenge fear based self-talk and change anxious thinking (C.A.T. of coping cat), and coping with big transitions by learning "changes aren't terrible" (another C.A.T. of coping cat).

Email [rdominguez@thrivecc.org](mailto:rdominguez@thrivecc.org) or call (708) 383-7500 ext. 406 for more info.

Screening is required. Space is limited so call or email today!



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BUILDING ON 100 YEARS OF VITAL HUMAN SERVICES

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Community Mental Health Board  
of Oak Park Township

Priority given to and FREE for Oak Park & River Forest residents.

Residents outside of Oak Park and River Forest are welcome to apply!

