



The Coping C.A.T. Project

16 week Therapy group for 7th-8th graders struggling with Anxiety
In-Person with Mask Required



Tuesdays

5:30pm-6:20pm

Aug 31st-Dec 13th

Facilitator: Ryne Dominguez, LCSW (she/her)

2022 Dates:

- Aug 31st
- Sep 6th
- Sep 13th
- Sep 20th
- Sep 27th (Guardian via Zoom)
- Oct 4th
- Oct 11th
- Oct 18th
- Oct 25th
- Nov 1st
- Nov 8th (Guardian via Zoom)
- Nov 15th
- Nov 22nd
- Nov 29th
- Dec 6th
- Dec 13th



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 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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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!

