



The Coping C.A.T. Project

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

Summer Session

Tuesdays

5pm-5:50pm

July 11th-August 29th

Facilitator: Ryne Dominguez, LCSW (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).

Email rdominguez@thrivecc.org or call (708) 617-2525 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!



All are welcome at Thrive. Our services are accessible to everyone regardless of ethnicity, gender, sexual orientation, legal status, beliefs, or disability.

