



## Skills Training Group for Children With Anxiety Disorders Weekly Schedule

### SEPTEMBER

MON	TUE	WED	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

#### WEEK 1

##### What, Why & How?

##### Overview of the Program

Group Session #1 (9/24/15)

Parent Group Session 1 (9/28/15)

### OCTOBER

MON	TUE	WED	THU	FRI
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

#### WEEK 2

##### Learning to Think Realistically

Group Session #2 (10/1/15)

#### WEEK 3

##### Rewards

Group Session #3 (10/8/15)

#### WEEK 4

##### Fighting Fear by Facing Fear

Group Session #4 (10/15/15)

Parent Consultation Session #1

#### WEEK 5

##### Creative Exposure

Group Session #5 (10/22/15)

Parent Group Session 2 (10/19/15)

#### WEEK 6

##### Problem Solving

Group Session #6 (10/29/15)

### NOVEMBER

MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

#### WEEK 7

##### Assertiveness

Group Session #7 (11/5/15)

Parent Consultation Session #2

#### WEEK 8

##### Dealing with Teasing

Group Session #8 (11/12/15)

#### WEEK 9

##### Reviewing Progress

Group Session #9 (11/19/15)

#### WEEK 10

Off

### DECEMBER

MON	TUE	WED	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

#### WEEK 11

##### Maintaining Gains & Coping with Set-Backs

Group Session #10 (12/3/15)

#### WEEK 12

Off

#### WEEK 13

Booster Session/Graduation (12/17/15)

The Children's Skills Training Group Sessions will be held Thursdays from 4:30PM to 6PM. Parent Group Information Sessions will be held from 5PM to 7PM. Individual Parent Consultation Sessions will be by appointment.