



Youth Workshop *Middle School Students*



Students Coping with Post COVID-19 Challenges

A four-session workshop
for Middle School Students

Presented by Alyx Deaner, MA, LLPC, NCC, CATP
Sponsored by Troy Youth Assistance

The program will focus on addressing anxiety issues in a group setting which encourages support and interaction:

- * ***Learn to challenge anxious thoughts***
- * ***Reduce anxiety through distraction exercises***
- * ***Improve the quality of relationships in a pandemic setting***

Youth Sessions: ***Thursdays, November 4, 11, 18, 2021*** - 6:00-7:30 pm
Youth with Parent (Required) Session: ***December 2*** - 6:00-7:30 pm

Location: TSD Service Center, 4420 Livernois Rd., Troy
Pizza served at all sessions. Face masks required.
Limited to 15 students.

To Register:

[Click here](#) to sign up and pay the \$25 Registration Fee
or go to [TroyYouthAssistance.org/programs/family education](https://TroyYouthAssistance.org/programs/family%20education)

TroyYouthAssistance@troy.k12.mi.us

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