



4 week Anxiety Intensive



Anxiety is a human emotion that is built and designed for self protection. Although anxiety keeps us safe, sometimes worry feels overwhelming, out of our control and coping seems near impossible. Anxiety needs to be understood on the cognitive, sensory and behavioral level in order to manage any misplaced or exaggerated anxiety responses. AIM's anxiety curriculum is skills based to teach, guide & support a sense of empowerment over unnecessary anxiety.

Throughout the course, you and your child, will learn the science of worry in order to understand the process and how to apply it to your specific worry content.

1 Month- 4 sessions

Child

Knowledge & Skill Building

- ✓ 1-month program
- ✓ 4 in person sessions
- ✓ 90 minutes
- ✓ Mondays at 5 PM

Parent

Parent support & education

- ✓ 1-month program
- ✓ 4 virtual sessions
- ✓ 50 minutes sessions
- ✓ Friday at 12:30 PM

Ongoing Care

After the 4 weeks

- ✓ Individual Therapy
- ✓ Family Therapy
- ✓ Group Therapy
- ✓ Art Therapy
- ✓ Supplemental Referrals



Call us now:

239-221-6370 ext. 3

Office: 9200 Bonita Beach Rd Suite 210 & 213
Bonita Springs FL 34135