

TEST ANXIETY

THERAPY GROUP

Do you struggle with test anxiety?

If you plan to take the ACT, GRE, MCAT, or any other standardized test, then this group is for you. Overcome the mental blocks standing in the way of your success. This group will equip and empower you to face them head-on.

In this group you will learn:

Anxiety, stress, and fear reduction skills & techniques
Time management skills
Goal setting & implementation skills

DATE/TIME: TBD
LENGTH: 8-WEEKS
TOTAL COST: \$200
GROUP STYLE: CLOSED

107 W. VAN BUREN STREET
CHICAGO, 60605

FOR MORE INFORMATION, CONTACT:
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