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(408) 275-2612
nicolesymcox.com



Online Coping Skills Program for Anxiety

www.nicolesymcox.com

START HERE

ONLINE

Teen Education

Online workshops focused on coping skills and strategies for managing anxiety symptoms. These are done live, and online where your teen can ask questions, and engage with other members.

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Parent Education

Every month a new training is released for parents. There is an entire section in the membership site devoted to parent education, and how you can support your anxious teen.

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Online Portal

Teens get access to the online portal where I post worksheets, journal prompts, workshop replays, and thought challenges

COPING

for

SKILLS

anxious teens

PROGRAM

SUPPORT

Group Sessions

Bi-weekly, online group sessions with other teens. These are structured group sessions where everyone will get a chance to speak, and process what's come up for them that week.

We will address that month's coping skill lesson, and deep dive into how each member can apply it to their own lives. This is an opportunity for teens to meet other teens, and build relationships.

Group sessions are interactive, informative and they help teens break out of the isolation they so often feel when wrestling with Anxiety management.

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