

Shine



Shine is a 6 session online anxiety management group for adolescents, using a CBT approach. The course looks at helping teenagers identify anxiety when it occurs and learn strategies to tackle it effectively.

Young people are eligible for the group if they are:

- Aged between 12 and 17 years
- Mild to moderate anxiety, and would benefit from learning strategies for managing stress and anxiety
- Do not require intensive or crisis support

The next group starts on **Thursday 3rd Nov** and runs until **Thursday 8th December** from **3.30-4.30pm**

To sign up visit:

www.accesstherapiesfife.scot.nhs.uk

NHS Fife Child and Family Psychology Department