



CREATING  
HOPE,  
RECOVERY,  
& PEACE  
SINCE 2005

## “GREATEST ME, ANXIETY FREE” SPECIALIZED YOUTH GROUP TRAINING

This highly-specialized training offers effective treatment solutions to ensure that our youth conquer their personal challenges/obstacles.

**“OUR YOUTH DESERVE TO LIVE A CAREFREE AND FEARLESS LIFE.”**  
—DRL

### TREATMENT SUCCESSFULLY HELPS TEENS

Some program goals include:

- Effectively work to stop anxiety and irrational fears
- Recognize the signs of anxiety avoidance
- To help adolescents recognize the signs of anxiety and avoidance
- Mastery over the specific skills to cope with the sensations of anxiety, uncertainty, and fear
- Learn specific skills to cope with the sensations of anxiety, uncertainty, and fear
- Face anxiety provoking thoughts and feelings
- Compulsion Awareness Training—recognizing and reducing rituals

**RECOVER & DISCOVER YOUR INNER GREATNESS.  
ACHIEVE BOTH ACADEMICALLY AND SOCIALLY.**

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*“Conquering Fear and Anxiety has given me the strength and wisdom to guide others toward peace.”*

- DR. ROBERT LANCER

