



AUTISM? ANXIETY? AUTISM + ANXIETY?

WE HAVE A GROUP THAT CAN HELP!

What:

“Facing Your Fears is a program that uses a cognitive-behavioral group therapy approach for the reduction of anxiety symptoms in children with high-functioning Autism Spectrum Disorders (ASD).”

- Judy Reaven, Audrey Blakely-Smith, Shana Nichols, Susan Hepburn

Who:

Children ages 8-14 with a formal Autism Spectrum Disorder diagnosis, currently experiencing any anxiety symptoms and their parent(s) .

When:

Wednesdays 4:30-6:00pm

14 sessions from September—December 2018

Next group: February—May 2019



Where:

UNM Center for Development & Disability
2300 Manual Blvd. NE, Albuquerque

505-272-9337

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for more information and to
schedule a screening



A University Center for Excellence
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