



Facing Your Fears Anxiety Group

Evidence-based intervention using CBT to address anxiety for adolescents (ages 14-18) with ASD and other neurodevelopmental disorders

Now enrolling for summer (ages 9-13) and fall (ages 14-18) groups!

This program helps families:

- Understand anxiety and how it affects our thoughts, bodies, and behaviors.
- Identify stressors
- Learn how to talk about stress and anxiety
- Learn coping skills
- Learn techniques to gradually reduce stress/anxiety
- Measure anxiety over time

14-week group with parent participation

Call to schedule an intake today!
612-365-8081

For additional information, contact Dr. Rebekah Hudock at 612-626-3538 or kale0040@umn.edu

only at
University of Minnesota ASD Clinic

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All groups are billed to insurance