UMN Anxiety Group

Evidence-based intervention using CBT to address anxiety for children and adolescents (ages 9-18) with ASD and other neurodevelopmental disorders

Now enrolling!

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!
612-625-3617, Option #3

For additional information, contact Dr. Rebekah Hudock at kale0040@umn.edu

only at
University of Minnesota ASD Clinic
All groups are billed to insurance

For more information, contact Dr. Hudock kale0040@umn.edu  612-626-3538