

# LOTUS: A GROUP FOR HIGH SCHOOL FEMALES FACING ANXIETY



Facilitated by:  
Wildflower Center for Counseling  
(843) 936-2566  
[www.wildflowercfc.com](http://www.wildflowercfc.com)



6-week Group Beginning October 5th  
Thursdays 4:30-6:30pm

Week 1 : How anxiety  
impacts my body & mind

Week 2 : The anxiety to-do list  
and other reduction strategies

Week 3 : Self-discovery of  
"Who am I" and "Who I'm not"

Week 4 : Anxiety within my  
social world

Week 5 : My break-up with  
anxiety. Kicking it to the curb!

Week 6 : Skill review and  
success plan for the future

Every group session will include a skill building & psychoeducational component, with a brief 15-minute break, followed by a processing discussion of that evening's group content.