



The Fearless Little Cougars

An 8 week group open to boys and girls age 5-7

**Cornell Scott-Hill Health Center Child & Family Guidance Clinic
400 Columbus Avenue, New Haven, CT 06519**

In this group you will learn to:

- Lower Anxiety
- Increase Self-esteem
- Increase Social Confidence and Communication
- Unlearn Conditioned Behaviors
- Develop Long-term Coping Skills
- Combat Anxious Feelings

**Group led by
Augusta Colodette, LCSW**

**For more information,
contact Augusta at:**

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Hill Health
Center**