**Advanced Worry Warriors**

2nd-5th Graders

Come one, come all, learn how to triumph over worries!

 Maybe you’re someone who feels a tingling in your belly before you get up on stage for the CASA play. Could be you notice your face flush with nerves when a teacher calls on you in class. Perhaps you worry you won’t find anyone to play with on the playground. Or maybe you have a friend or family member who worries a lot and you just want to learn some techniques for helping them. Whatever your experience with worries, this private group will transform you into a Worry Warrior who knows *just* what to do to knock those worries down to size. Say goodbye to those worry thoughts, boys and girls—they won’t be bothering you OR your friends and family anymore!