CHADS Coalition for Mental Health

Family Support Program

Anxiety & Depression Support Groups

CHADS FS Program offers Depression and Anxiety Support Groups for middle and high school aged youth. Your child can understand they're not alone and brighter days are ahead.

- 10-12 weekly sessions with similarly aged individuals. Groups are approximately 60 min. in length.
- Groups of 5-7 young people.
- Located in person at CHADS South County offices.
- Covers a variety of topics including: managing anxiety and depression, healthy communication, setting appropriate boundaries, identifying strengths and practicing coping strategies.
- Contact Family Support's warmline at (314) 952-8274 or email fs@chadscoalition.org for more information or to sign up for groups.