

BACK TO SCHOOL

# Anxiety Buster Bootcamp

FOR TEENS

HAVE YOUR BEST YEAR YET!

REDUCE YOUR ANXIOUS FEELINGS  
LEARN TEST ANXIETY TIPS  
CALMING PRACTICES  
RELAXATION SKILLS  
AND MORE!!!

AT HAVEN COUNSELING CENTER  
305 WESTFIELD RD., KNOXVILLE, TN

JULY 26TH  
**4-5:30PM**

Contact: [amandaw@havencounselors.com](mailto:amandaw@havencounselors.com)  
\$50 per student. Sign-up deadline 7/19