



HOUSTON ANXIETY
& WELLNESS CENTER

THANKSGIVING CBT + COOKING CAMP

Join us for a fun, structured setting where children can practice skills such as flexibility, frustration tolerance, problem-solving, and emotional regulation through cooking activities, all within an evidence-based Cognitive Behavioral Therapy (CBT) framework.

AGES

7-12

LED BY

Bailey Grunder, M.S.

PRICE

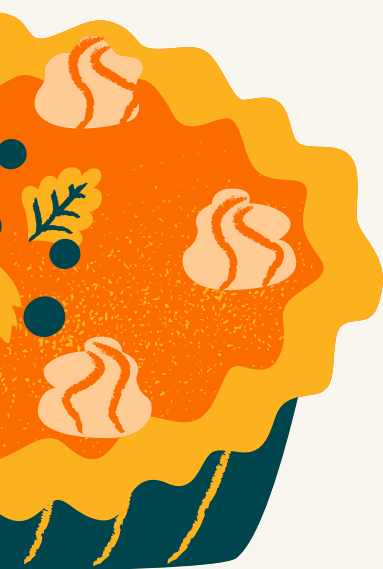
\$300

DATES & TIME

November 23rd, 24th, and 25th
from 9:00 AM–1:00 PM

LOCATION

Conference Room 200 at 4306 Yoakum
Boulevard, Houston, TX 77006



Email our team at info@houstonanxiety.com
to reserve your child's spot today!



HOUSTONANXIETY.COM



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