

# Oceanic Counseling Group Addresses Back-to-School Anxiety in Children

MYRTLE BEACH, SC, USA, August 12, 2023 /EINPresswire.com/ -- As children prepare to head back to school, [Oceanic Counseling Group](#) sheds light on the significant issue of [anxiety that many youngsters experience during this transitional period](#). Recognizing the importance of providing support, Oceanic Counseling Group is pleased to offer comprehensive services to families, now with convenient locations in Myrtle Beach, Murrells Inlet, Carolina Forest, and Columbia, as well as a dedicated [virtual division](#).



The return to school can be a source of excitement, but it can also be a time of anxiety for many children. New classrooms, teachers, classmates, and routines can trigger feelings of unease and stress. Oceanic Counseling Group acknowledges that addressing these feelings early on can help children build coping skills and confidence.

## "Back-to-School Jitters: Understanding Childhood Anxiety"

At Oceanic Counseling Group, our experienced therapists are well-versed in working with children to navigate the challenges of anxiety during the back-to-school season. We provide a safe and nurturing environment where children can express their fears and uncertainties. Through age-appropriate activities, counseling sessions, and interactive tools, our professionals help children understand and manage their emotions.

Oceanic Counseling Group's comprehensive approach includes:

- **Individualized Counseling:** Our therapists tailor sessions to meet each child's unique needs, offering strategies to manage anxious thoughts and fostering emotional resilience.
- **Coping Skills Development:** Children learn practical coping techniques to navigate stress and

uncertainty, promoting a sense of control over their emotions.

- Parental Guidance: We collaborate closely with parents to provide them with tools to support their children's emotional well-being during this transition.

Expanding Our Reach: Now in Myrtle Beach, Murrells Inlet, Carolina Forest, and Columbia

Oceanic Counseling Group has expanded to even more communities. Consisting of Myrtle Beach, Murrells Inlet, Carolina Forest, and Columbia. These new locations provide greater accessibility to our dedicated professionals and the support families need.

Moreover, recognizing the evolving landscape of mental health care, Oceanic Counseling Group proudly offers a virtual division. This virtual option ensures that families have access to our expert therapists from the comfort and convenience of their own homes.

"Anxiety in children is a valid concern, especially during back-to-school transitions. Oceanic Counseling Group is committed to providing children and families with the tools to navigate these challenges successfully," shares David Haddock, CEO at Oceanic Counseling Group. "Our expanded presence and virtual division demonstrate our commitment to making quality mental health support as accessible as possible."

For more information about how Oceanic Counseling Group can assist families during the back-to-school season or to inquire about our new locations, please visit <https://oceaniccounseling.com/> or contact (843) 894-0000 for further assistance.

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