

Anxious? Us, too.

**Laura Hamilton,
LPC-MHPS**



If you're a teenager with anxiety, you more than likely know it inside and out. Also, the mere idea of going to a group for your anxiety is probably making you more anxious right now! If you know exactly what I'm talking about... then you found your place. Join Laura Hamilton, LPC-MHPS, and other anxious teens to learn skills and manage your anxiety so it no longer controls your life.

Wednesdays at 5:00pm

Ages 15 - 18

\$85/Week

For More Information and To Register Call: 615.373.9955

Or Email: jjansen@southeastpsych.com