



DANIELLE MIZELL, PSYD



Keep Calm and Relax Group

.....

**Wednesdays at
5pm**

**Middle School
\$85/meeting**

Participants will be able to share their experiences with peers while learning strategies to address their anxiety.

Strategies will be tailored to the needs of the group and may include: - relaxation - challenging unhelpful thoughts - acceptance - assertiveness - time management, etc.

For More Information To Register Call: 615.373.9955
Or Email: jjansen@southeastpsych.com

