

# Teens Navigating Anxiety

## A Group for Teen Girls



Welcome to Teens Navigating Anxiety!

This is a group for teenage girls looking to better manage their anxiety related to school, family, friends, and the future. In a safe and encouraging space with peers, you will work through overwhelming worry and learn new skills to feel more comfortable and confident dealing with daily stress & fear.

### When?

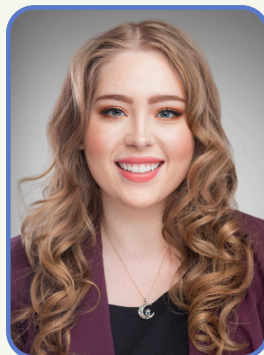
**Starting September 4th, meetings will be held every Wednesday from 4pm to 5pm for 6 weeks**

### Where?

**Southeast Psych Nashville located in the Maryland Farms area in Brentwood, TN**

### How do I join?

**Call us at 615-373-9955 for more information or to express interest in joining!**



**Rachel Holloway, LPC-MHSP**



**SOUTHEAST PSYCH  
NASHVILLE**