



Teens Navigating Anxiety

A Group for Teen Girls

This is a group for girls ages 13 to 17 looking to 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 and fear.

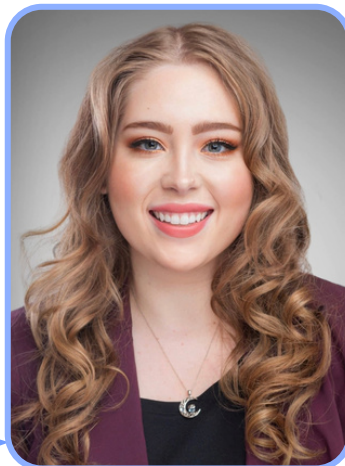
When?

Meetings start on February 4th and will be held every Tuesday from 4pm to 5pm for 8 weeks at \$70 per week

Where?

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

Call us at 615-373-9955 to sign up!



Rachel Holloway, LPC-MHSP