

# GOALS

We will learn about anxiety...what it is, what can cause it, & how to respond to it

Develop self-awareness and acceptance of the emotions experienced in this transition

Use art/craft activities to more easily express complex feelings that are hard to put into words

For girls ages 9-13 years old

Tuesday evenings & snacks provided!

4-5:30 pm

(drop-off at 4 pm & pick-up by 5:30 pm)

July 7th - August 18th (7 weeks)

5226 Main St, Spring Hill, TN 37174

\$20 per session



**BACK-TO-SCHOOL  
ANXIETY? YOU ARE  
NOT ALONE!**

The transition from summer to going back to school after a long break is allowed to be difficult! This group provides a fun, comfortable, and creative space where we will discuss practical strategies for managing our emotions and anxieties amid the changes of this season.

For more information, please contact Lauren Anthony  
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