

RAISING KIDS WITH BIG FEELINGS PARENT SUPPORT GROUP



Alicia Covington, LCSW



SOUTHEAST PSYCH
NASHVILLE

Feel more confident supporting your child through anxiety and big emotions.

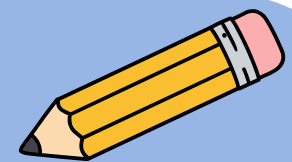


WHAT YOU'LL LEARN



- Understand child anxiety
- Reduce unhelpful patterns
- Build distress tolerance
- Practical skills like emotion coaching
- Strengthen boundaries & resilience

DETAILS



- Dates: 6/10, 6/17, 6/24, 7/1
- Time: 10:00 AM
- Place: Southeast Psych Nashville located in Brentwood, Tn
- Cost: \$85/session - \$340 total paid at signup

**YOU ARE
NOT
ALONE**

Join a supportive group and build practical tools that work.

**CALL 615-373-9955 OR SCAN THE
QR CODE TO SIGN UP NOW!**



WHERE DO I FIT?

TEEN SUPPORT GROUP



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This group is a supportive space for teens to explore their identity & figure out friend dynamics.

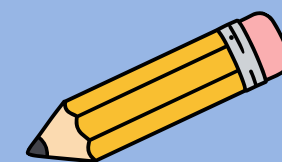


TEENS WILL:



- Explore identity & self-expression
- Build confidence in friendships
- Set boundaries & navigate conflict
- Reduce comparison & increase self-awareness

DETAILS:



- Dates: 6/8, 6/15, 6/22, 6/29
- Time: 1:00 PM
- Place: Southeast Psych Nashville located in Brentwood, Tn
- Cost: \$75/session - \$300 total paid at signup

you are
NOT ALONE
in this

Join a supportive group that builds connection & a sense of belonging.

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