



SOUTHEAST PSYCH  
NASHVILLE

# Thrive

## A Group for Teen Girls

### What is Thrive?



Thrive is a group where we decide to rebel against who the world tells us to be and take back who we are. In this group, we'll work together to find ways to overcome negative body image and anxiety. We want you to live a life where you thrive!

### When is Thrive?

Starting November 14th, meetings will be held every Tuesday from 6:30pm to 7:30pm for 6 weeks.



### Where is Thrive?



Southeast Psych Nashville located in the Maryland Farms area in Brentwood, Tn.

### How do I Join Thrive?

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



Abby Myers, LMFT (Temp)



Lauren King, Psy.D.