



TEEN GIRLS: HELP MANAGING ANXIETY

Instructors: Hannah Fay, MSW, LSW & Katie March, MA, LPCC

Does your daughter seem distracted and overwhelmed often? Is she expressing feeling a lot of pressure around her academic or sports performance? Do you notice that the fear and apprehension of social interaction hinders her (not online, but face to face)? We do not believe this needs to be the “new norm” for teens!

Anxiety and teen girls...why are the numbers rising? Girls age 13-18 are navigating so much in today's world and it leaves many of them with feelings of low self-worth, being overwhelmed, an overactive mind, distracted, pressure to perform and anxiety about the future.

This class & support group is led by Hannah Fay, a specialist in child and adolescent therapy and Katie March, a former counselor at Xavier University's counseling department. Hannah and Katie understand the pressures teen girls are facing. They will help your daughter find new coping strategies for dealing with stress and anxiety as well as healthy ways to release emotions and identify their needs.

A Consent Form will be required from parents in order for their minor child to take this class.

DETAILS: \$40 for 1.25-hour session / Small Group Format / Wednesdays 6:00-7:15 pm

DATES: Feb 26 / Mar 4 / Mar 11 / Mar 18 / Mar 25 / Apr 1 / Apr 8 / Apr 15 / Apr 22

LOCATION: Kenwood area at the Thrive Institute

REGISTER ONLINE: www.mythriveinstitute.com or call 513.657.9337



Hannah Fay, MSW, LSW

My passion is to help children, teens, and young adults overcome their inner emotional conflict as well as their outward behavioral struggles. My professional and life experiences of working in foster care, school settings, and eventually abroad have equipped me to meet both you and your child. My hope is that you will find a calming, non-judgmental environment where you feel accompanied in your process of gaining personal insights that bring out the best in your teen and family.

Katharina “Katie” March, MA, LPCC



As a professional counselor my experience includes working with adults, teens, and couples on a wide variety of issues including anxiety, relationship issues, life transitions, and low self-esteem. A special interest of mine is working with student athletes. I have advanced training in working with young adult student athletes, helping them balance athletic, academic and personal lives.