West County Psychological Associates

High School ~ High Anxiety

A Group for Girls

Every Other Tuesday Evening 7:00pm-8:30pm

High School brings on a whole new set of challenges and experiences. This group is designed to provide support to young women during this anxiety-provoking stage of life. Group members will learn to better adopt skills for managing anxiety. In a safe environment, the group will explore personal experiences and practice implementing learned skills. Group is beneficial for members to learn new ways of managing anxiety, to have a more positive high school experience, and to create long-lasting life changes.

Your student or child will learn to:

- Improve and strengthen relationships
- Practice healthy communication
- Learn to better understand personal anxieties
- Work on identifying triggers for anxiety
- Practice and implement useful coping skills
- Learn tools for managing daily life stressors
- Gain knowledge on what anxiety truly is
- Strengthen problem-solving strategies

Group Leader: Taylor Kennedy, MSW, LMSW enjoys working with clients of all ages and specializes in private therapy for children, adolescents, young adults, and families. Taylor utilizes a variety of therapeutic techniques and often incorporates multiple approaches to facilitate growth and long-lasting change. She is passionate about establishing a working alliance and therapeutic bond to create a safe space.



Who Should Attend: High school girls experiencing anxiety

Cost: $240 for six consecutive 90-minute sessions. *Fees are paid upon registration.*

Date and time: Every other Tuesday evening, 7:00 – 8:30 p.m. The group is ongoing, and new members may join at any time. Joining fees are paid six sessions at a time. Membership may be renewed as many times as needed, so long as the group member, her parent or guardian, and the group leader believe group to be beneficial to her.

Location: Online, via the Zoom meeting format. The Zoom invitation is provided after registration.

To Register

To register, contact Taylor Kennedy at the WCPA office, (314) 275-8599.

Register Today - Space in the group is limited.