

# KIDS GET ANXIOUS...



Anxiety  
Obsessions  
Fear of Loss  
Fear of Failure  
Sport Performance  
Fear  
Compulsions  
Test Anxiety  
Worry  
...and more!

## WE CAN HELP!

### *2015 KidBreathe Workshop*

Email:  
[contact@catch23performance.com](mailto:contact@catch23performance.com)  
for more information.

*This workshop consists of 5  
fun and interactive peer  
group meetings teaching*

*kids essential skills for coping with stress and anxiety.*

## *About Our Therapists*



### **Leah Lennox, MSCMHC**

Originally from Westchester County, New York, Leah Lennox specializes in treating children who have experienced trauma and struggle with attachment disorders. She has worked in the school setting as well as providing in-home services.

As a member of the Association for Play Therapy, Leah also works with children in a group setting to assist in strengthening social skills, self-confidence and peer relationships.



### **Kaci Allen, MSCMHC**

With a Master of Science in Clinical Mental Health Counseling, Kaci brings a wide variety of clinical knowledge and experience to the group setting, including personally studying with Dr. Gerald Corey, Professor Emeritus of Human Services at California State University at Fullerton.

Kaci operates a private practice in Nashville, TN, and teaches Adolescent Psychology at Cumberland University.

**CONTACT@CATCH23PERFORMANCE.COM**