

# Anxiety and Depression in Pre-Teen and Teenage Girls



**Tuesday, April 2, 2019 6:00 – 7:00 PM**  
**Tamalpais Pediatrics – Larkspur Office**

Please join us for a presentation about pre-teen and teenage girls and their struggles with anxiety and depression by licensed psychotherapist, Eileen C. Brown, MA, LMFT.

In her presentation, Eileen will cover:

- The increased prevalence of anxiety and depression in girls today;
- Some reasons why that might be, based on current research;
- The historical roots of anxiety and depression in girls, which continue today;
- Tips and tools to help you and your daughter navigate this challenging time.

Class is FREE to patients and \$20 for guests. Please call the office at 415-461-0440 to RSVP.



Eileen C. Brown is a licensed psychotherapist, practicing in Marin and Berkeley, including at the Tamalpais Pediatrics – Novato office. Eileen brings 25 years of experience working with youth and families and has a particular specialization in working with pre-teen and teenage girls and their families.

Eileen invites you to reach out to her with any questions or concerns you may have at (510)269-7029 or via her website: [www.marintherapyworks.com](http://www.marintherapyworks.com).