

Links to
Wellbeing



Presents

DEALING WITH Anxiety WORKSHOP

Learn about anxiety and how to manage it.

The Understanding Anxiety sessions are aimed at supporting you to learn about:

- Anxiety and its causes
- Managing stress
- Positive coping strategies
- Self-Care

Mondays 13:00 – 15:00pm

Sept 6 | Sept 13 | Sept 20 | Sept 27

4 x 120mins group sessions over 4 weeks

Hackham West Community Centre

Majorca Rd & Warsaw Cres, Hackham West SA
5163

FREE sessions, Booking is essential.

To book contact Sarah Armstrong on (08) 8384 1065

Links to Wellbeing acknowledges the Traditional Custodians of the land we work on and pays respect to Elders past, present and emerging. Neami celebrates values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities



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ADELAIDE

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