



STOP THE STRESS

This online support group will offer teens the opportunity to share what they have been feeling and to understand their experience of stress, worry and anxiety. Teens can also share what's worked for them (and what didn't!).

Over the four sessions, Doncare's Counsellors will lead the group to guide learning about types of anxiety; why we experience stress and strategies to help. Suitable for teens aged 13-15 years.

Wednesdays May 26th, June 2, 9, 16, 2021

4:00pm - 5:00pm online

Cost: \$40 for 4 sessions

www.doncare.org.au

BOOK NOW

Call Daina 9856 1500

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