

each



Understanding Anxiety

Manningham Youth Services (MYS) are collaborating with **headspace Hawthorn** to bring young people a FREE webinar that focuses on understanding anxiety, identifying signs, and learning ways to manage anxiety.

We know that some people are experiencing anxiety as we re-enter the world after months of lockdown over the past 2 years. If you're feeling anxious or worried during this time, you're not alone.

Join us for an online webinar where we will discuss:

- Understanding anxiety and what is 'normal'
- Recognising signs and symptoms
- Finding ways to manage anxiety
- An introduction to mindfulness and relaxation

This will be an interactive webinar using Slido – but don't worry! We won't ask you to turn your camera or microphone on!

Limited spots available!

Who: Young people aged 12-25 years old

When: Thursday 2nd December 4.30pm-5.30pm

Where: Online (Microsoft Teams link will be emailed to registered young people)

Register: Click the link to register <https://forms.office.com/r/v5MwjSEgbN>
Or scan the QR code below



For any questions, or if you would like further information, contact Manningham Youth Services at manninghamyouthservices@each.com.au or call EACH Intake on 1300 00 3224