



MANAGING ANXIETY

FREE workshop for families!

Join us as we explore:

- What is anxiety?
- What does anxiety look like in kids & adults?
- How can we manage & respond to anxiety

Please note that this is an interactive session so cameras need to be on. Thanks.

TIME:

1 - 2.30pm

WHEN:

Wednesday 10th November

WHERE:

Online - FREE

Zoom link will be sent upon receipt of completed registration - register via the link



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