

Links to Wellbeing



Anxiety Management group

Learn how to manage anxiety

For some people, anxiety can become a problem. Worries can start to feel uncontrollable and people can start avoiding important activities. Using evidence-based strategies, we help to identify and manage many different sorts of problem anxiety.

The Anxiety Management group sessions help you to:

- Understand anxiety and its causes
- Manage stress
- Break the anxiety cycle
- Learn positive coping strategies

Group details

4 x 2-hour sessions over four weeks.

Our next group starts soon...

When

Where

More info

Creche available, bookings essential on **8392 3080** or **telvin@junctionaustralia.org.au**.



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