

## Helping Our Teens Conquer Anxiety



Adolescence is a time of many stressors, including academic and social pressures. Awareness, understanding and support is necessary to navigate through adolescent years.

This workshop examines the causes and symptoms of adolescent anxiety. Strategies to support and cope with anxiety are provided for teens, their parents and others.

**Monday November 20, 2017**

**7:00-8:00 p.m.**

**Fee: \$15/person**

**Please call 519-669-8651 to register**