Woolwich Counselling Centre Presents...

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 February 25, 2019

7:00-8:00 p.m. Fee: $20/person

Please call 519-669-8651 to register