

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

HELPING TEENS MANAGE ANXIETY

No cost, virtual workshop

Adolescence is a time of many stressors, including academic and social pressures. Awareness, understanding, and support are 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.

THURSDAY, OCT. 13 2022

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



INFO@WOOLWICHCOUNSELLING.ORG



65 MEMORIAL AVE, ELMIRA



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