



Understanding & Coping With Anxiety

A zoom workshop for parents and Carers

This workshop will explain the process of becoming anxious and how it builds in the brain and body. We will explore some common triggers for young people and how they can cope with anxious moments and thoughts.



November 10th 2021 8:00-9:00pm

This is a FREE session

Please use this link to register your place, you will then be sent a zoom login for the workshop.

<https://us02web.zoom.us/meeting/register/tZcsd-qtqT8pGNeUCdtqQ46FniPZXed8mQPf>

Please contact Lorraine Lee with any questions:

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