

Managing anxiety

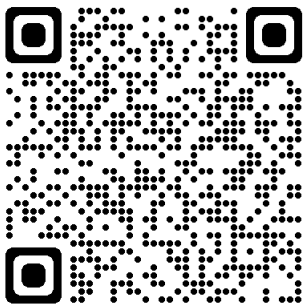
A workshop for 11 to 16 year olds

If you're aged **11 to 16** and would like to learn more about anxiety then this workshop is for you!

The workshop will help you understand the thoughts that make you feel anxious and learn techniques to help you manage anxiety in your everyday life.

Saturday 15 January, 2pm-4pm

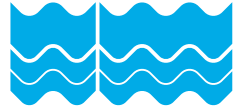
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This is a **FREE** event
Booking essential

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Library and Information Service

MANAGING ANXIETY

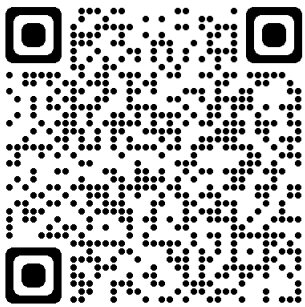
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