

BUILDING CONFIDENCE

Learn & practice important life skills to manage your anxiety:

- Understand how anxiety works in your brain & body
- Learn more helpful ways to relate to your worries & thoughts
- Gradually face your fears with support and encouragement
- Learn to handle awkward social situations with confidence
- Learn how to speak up for yourself and make real connections with others
- Learn effective problem solving
- Take small action steps toward what is important for you



Who

Young people aged 12-17

When

Tuesdays 3:30pm—5:00pm for 6 weeks

Start Tues 27th Feb, Finish 3rd April 2018

Celebration Tues 10th April 3:30pm—5:00pm

Cost

FREE

Parents Info Session

Tues 20th February 4:30-5:30pm

Facilitator

Sara Phillips

Register

☎ 6588 7300

sara.phillips@each.com.au

Numbers are limited—Book Early

Where

10-12 Short St, Port Macquarie



headspace
Port Macquarie