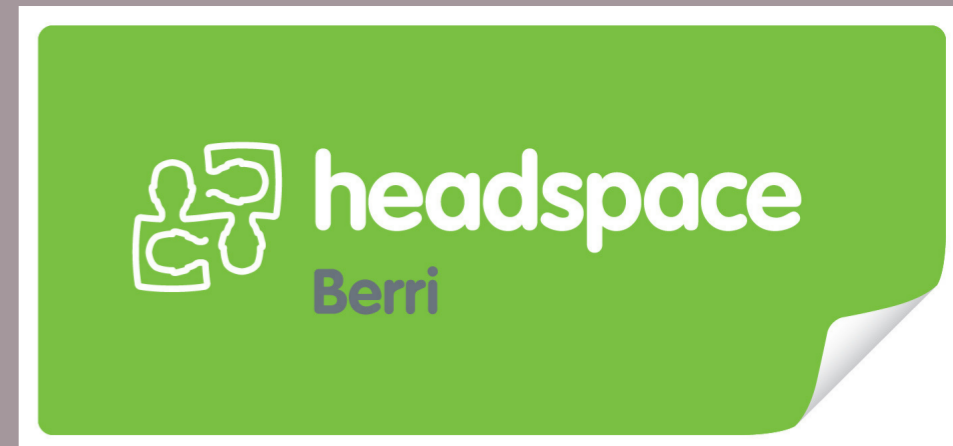


THESE WORKSHOPS ARE FOR  
YOUNG PEOPLE AND  
PARENTS/CARERS WHO WANT TO  
LEARN MORE ABOUT ANXIETY AND  
HOW TO MANAGE ITS SYMPTOMS. A  
SUPPORT PERSON IS WELCOME TO  
ATTEND WITH THE YOUNG PERSON.

A close-up photograph of a young person's face in profile, blowing bubbles. The person's nose and mouth are visible on the left side. Several clear, iridescent bubbles are floating in the air to the right. The background is a soft, out-of-focus green and blue.

# *Pop-Up Anxiety Workshop*

**WEDNESDAY 16 JANUARY**

12.30 - 2.30pm Young People

3.00 - 5.00pm Parents & Carers

**3 Riverview Drive, Berri**

Contact **headspace Berri** on 8582 4422 to book your place.