



Anxiety Webinar

**Thursday 20th
November
4pm - 5pm**



This webinar is aimed at parents or young people needing support and advice

The webinar will focus on:

- Understanding what we mean by anxiety
- Understanding different types of thoughts
- Exploring techniques for managing anxiety.
- Breathing and grounding techniques.



JUST KEEP
Breathing

Joining Information

To join our workshop please scan the QR code and follow the instructions to join using Microsoft Teams. You can also join using the following details:



Meeting ID: 367 112 853 219
Passcode: 673Uw3ej

If you have any issues logging on or any questions prior to the workshop please contact

tewv.wimtwsa@nhs.net