

Anxiety Group



- This workshop provides children and young people with opportunities to learn about themselves and to understand what anxiety is, how it can affect us and ways to better manage the symptoms.
- We will explore a variety of grounding techniques, drawing upon mindfulness and visualization, to build individuals' awareness and personal coping strategies. Psycho education will support understanding of brain function and we will also explore evidence based approaches, to consider our thinking processes and consequent physical and emotional connections.
- The sessions are offered via Zoom, as this can be more inclusive and less daunting for some, rather than face to face contact. Zoom sessions can be provided at a more affordable price than individual therapy.
- Participants would attend all 6 workshops and can join in sessions as much or as little as they feel comfortable with.
- Under 18's must have a signed consent showing parental permission to attend.



TIME
5PM - 6PM



DAY
TUESDAYS FROM 23RD JUNE

£25 + VAT (£30 INC VAT) PER SESSION

AGE RANGE 14-17



The group will consist of a maximum of 8 participants. There will be six weekly sessions, lasting approx. 50 mins each.



**TO BOOK, PLEASE CONTACT
US BY PHONE OR EMAIL**

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