

Front Door

Managing Anxiety for Youth

Monday February 24, 2020

4:00pm-6:00pm

**Chaplin Family YMCA- Teen Zone
250 Hespeler Rd., Cambridge, ON**

The workshop is intended for youth aged 12 to 18 wishing to better understand anxiety and how to cope with it.

You will learn:

- What is anxiety?
- How does the fight, flight or freeze response affect us?
- What is the connection between our thoughts, feelings, and behaviours?
- Strategies to cope with anxiety
- Cognitive Behavioural Therapy-based strategies to challenge anxious thoughts and feelings
- Practical handouts and resources to try at home

Facilitators- Tanya Fathieh-Ngunjiri, Rachel Clements

Tanya Fathieh-Ngunjiri and Rachel Clements are registered social workers specializing in the area of child and youth mental health. Tanya and Rachel work as clinicians at Front Door providing walk-in counselling and consultation to children up to age 18 and their caregivers.

**Register for free at
www.frontdoormentalhealth.com**