



NEW DATE: Tuesday 19th April 2022

11am-12noon

Chichester Information Shop for Young People

29 South Street, Chichester, PO19 1EL

What is Anxiety?

What are Panic Attacks?

Challenging Anxious Thoughts

How Grounding Techniques can help

While this is serious topic, this workshop for a small group of young people aged 11-17 will be delivered in a light-hearted and friendly way. Learn ways of coping with anxious feelings and thoughts in a safe, confidential space.

**To book please call: 01243 839093,
or email: admin@chiinfoshop.org.uk**

