

Exploring Anxiety

Date: Friday 25 October 2024
Time: 10:00am – 1:00pm
Venue: St George and Sutherland Community College – SGSCC
127-129 Sutherland Road, Jannali NSW 2226

This course will explore the experience of anxiety from a range of perspectives.

Topics include:

- Definitions of anxiety and different ways of understanding anxiety.
- Ways to deal with anxiety, treatment options and supports available.
- Information about how to support a person you care for with anxiety.

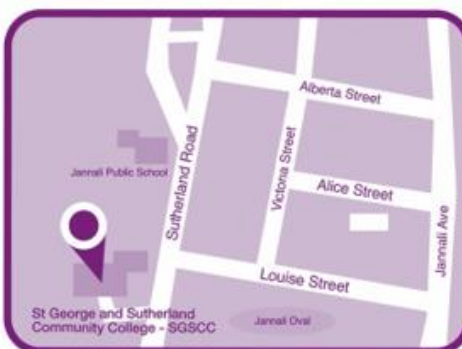
Students may like to continue their learning after this by attending the **Life beyond Anxiety course.**

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



Photo by Ronak Valobobhai Unsplash



For more information
please contact the
Recovery & Wellbeing
College Team

9113 2981

SESLHD-
RecoveryCollege
@health.nsw.gov.au