

## Exploring Anxiety

**Date:** Friday 23 October 2026  
**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 different perspectives.

Topics include:

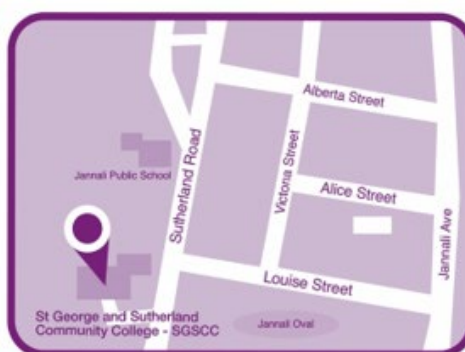
- Definitions of anxiety and different ways of understanding anxiety.
- Ways to deal with anxiety, treatment options and supports available.
- Information about how to support a person you care for with anxiety.

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

To enrol please visit our website: [www.seslhd.health.nsw.gov.au/recovery-wellbeing-college](http://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college)



Photo by Ronak Valobobhai on Unsplash



For more information  
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