

Anxiety Management Group



Learn about anxiety, what it looks like, and ways to help manage it.

Develop increased awareness and understanding about anxiety including triggers and early warning signs to help recognise it within yourself. Explore strategies to manage challenging and unhelpful thoughts and develop coping skills to better manage your anxiety.

What will I learn?

- How to recognise triggers and early warning signs of anxiety
- Strategies to manage challenging and unhelpful thoughts
- How to develop coping skills to better manage anxiety

Who is this group for?

Teenagers and young people aged 15+ who are able to:

- Read and write confidently
- Differentiate between thoughts and feelings
- Attend a 1.5 hour session with a short break

Phone consultations with a group facilitator will be completed with the participants support network before the group starts and after the group ends to gather information about the participants anxiety and handover of strategies.

Dates: 3, 10, 17, 24, 31 May / 14, 21, 28 June 2021

Time: 3:30pm - 4:45pm

Cost: \$889.40, paid privately or charged to NDIS

Venue: Therapy Focus Kingsley, 30 Cadogan Street
(Goollelal Primary School)



Trang Thee

Advanced Occupational Therapist



Daphne Ung

Clinical Psychologist

Register your interest!

To register your interest call our **Kingsley office** on **9403 9500**
or email goollelalbaseadmin@therapyfocus.org.au.

1300 135 373
therapyfocus.org.au