



East Wellington
Family Health Team

ANXIETY – DIAL IT DOWN FOR TEENS!

(ages 14 – 18)

Drug Free Tips to Decrease Anxiety

- How to influence factors that escalate anxiety and panic attacks
- Practical Strategies that reverse anxious sensations in the chest, head, and body.
- How biofeedback may be used in training these self-regulation skills



You must pre-register!

Call: 519-833-7576 ext 362 OR

Go online to: www.ewfht.ca

[Workshops]

Space is limited.

Sessions facilitated by:

Kathy Somers

From the University of
Guelph's Stress Management
and High Performance Clinic

Thursday November 21st, 2019

4:30 – 6:30pm

Erin Clinic

6 Thompson Cres – Unit 1