

ADULT LEARNING SESSIONS

ANXIETY

WEDNESDAY MAY 26th, 2021
6 P.M. TO 7:30 P.M.

FOR: Adults and Older Youth

COST: FREE

WHERE: Online

Create the tomorrow you want and build resiliency by learning new skills and strategies and making supportive connections. Explore the topic of anxiety through information, discussions and skill building activities. Learn about what is anxiety, as well as sources and signs of anxiety. Participate in skill building activities which will provide practical strategies to support coping with anxiety.

**Register at strathcona.ca/adultlearning
or call 780-464-4044.**