

The Anxiety Group Programme is run by Barnet Child and Adolescent Mental Health Services to support young people and their parents in managing worries and anxieties.

The group teaches practical strategies to manage anxiety and helps individuals discuss and practice difficult situations with others facing similar challenges.

THE ANXIETY GROUP PROGRAMME



Young People & Parent Groups
Starting
September 2018 (times to be confirmed)
at
Oak Hill School
Church Hill Road, Barnet, EN4 8XE
(Refreshments will be provided)

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