

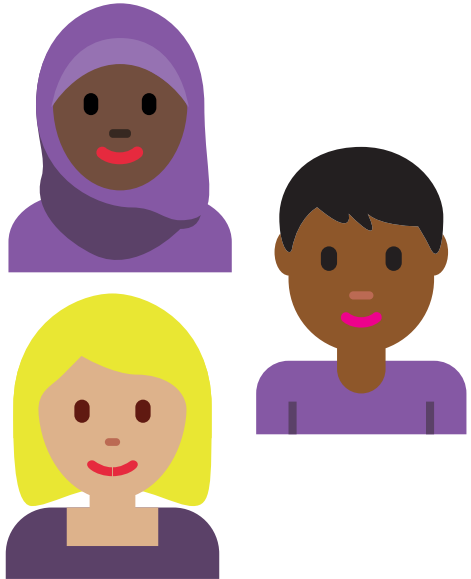
OPEN WORKSHOP STRESS AND ANXIETY

For all young people across Newham

Thursday, 28 January 2020
5-6.30pm

Join the mental health service Kooth with their virtual, interactive workshop all about anxiety and stress.

Through this session you will learn all about causes of anxiety and stress, as well as helpful tips which you can use to boost your own mental wellbeing.



To book:

www.eventbrite.co.uk/e/stress-and-anxiety-workshop-tickets-137926689441

