Virtual Anxiety support Group

Anxiety Support Group is open to any parent experiencing signs and symptoms of anxiety. Parents will discuss common experiences or concerns and provide each other with encouragement and comfort. This group will provide coping strategies that help parents to learn the importance of self-care and to manage their anxiety better.

April 16th - May 21st

Thursdays 10:00-11:00 am

Mondays 4:00-5:00 pm

Follow link below for registration or scan QR code.

We are Virtual!

https://www.eventbrite.com/e/102118071902