



# let's talk anxiety

**a safe space to build resilience  
around anxiety**

**for young people aged 16-25**

**thursdays 4-5pm via zoom**

**starting 14th may**

**(4 weeks)**

**to register: <https://www.surveymonkey.com/r/XZSRK9W>**

**for any questions about this group, contact us on**

**8048 3350 or [headspace.hurstville@stride.com.au](mailto:headspace.hurstville@stride.com.au)**



**headspace**  
Hurstville