



working with worry

helping you to understand and come to terms with worry

for young people aged 12-15

fridays 3:30pm-4:30pm via Zoom

starting 15th may

(4 weeks)

to register: <https://www.surveymonkey.com/r/XZ8RM85>

for any questions about this group, contact us on
8048 3350 or headspace.hurstville@stride.com.au



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