

# BUILDING CONFIDENCE

## Learn & practice important life skills to manage your anxiety:

- Understand how anxiety works in your brain & body
- Learn more helpful ways to relate to your worries & thoughts
- Gradually face your fears with support and encouragement
- Learn to handle awkward social situations with confidence
- Learn how to speak up for yourself and make real connections with others
- Learn effective problem solving
- Take small action steps toward what is important for you



### Who

Young people aged 12-17

### When

Wednesdays 4:00pm—5:30pm for 7 weeks  
Start Wed 16th May, Finish 27th June 2018

### Family Info Session

Wed 9th May 5:30-6:30pm

### Facilitator

Sara Phillips

**Program:** the proACTIVE treatment program for young people with anxiety

### Register

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Numbers are limited—Book Early

### Where

10-12 Short St, Port Macquarie

**Cost:** FREE

