



East Wellington  
Family Health Team

# **ANXIETY – DIAL IT DOWN FOR TEENS!**

(ages 14 – 18)

## **Drug Free Tips to Decrease Anxiety**

- How to influence factors that escalate anxiety and panic attacks
- Practical Strategies that reverse anxious sensations in the chest, head, and body.
- How biofeedback may be used in training these self-regulation skills



**You must pre-register!**

**Call:** 519-833-7576 ext 362 OR

**Go online to:** [www.ewfht.ca](http://www.ewfht.ca)  
[Workshops]

Space is limited.

Sessions facilitated by:

Kathy Somers

From the University of  
Guelph's Stress Management  
and High Performance Clinic

**Thursday November 21st, 2019**

**4:30 – 6:30pm**

**Erin Clinic**

**6 Thompson Cres – Unit 1**