



Teen Anxiety

Teens aged 13-18 years old will learn to recognize the signs of unwanted anxious thoughts and feelings. They will learn and practice new tools to manage anxiety and panic attacks. A parent or guardian is required to attend the first session with their teen.

**Taught by the PCN
Mental Health Clinicians**

This is a 5-part workshop
October 17, 24, November 7, 14, 21
7:45 pm - 9:00 pm

 **PrimaryCare
Network**
LEDUC BEAUMONT DEVON

To register, visit
www.lbdpcn.com
or call 780-986-6624