

The Northern Beaches Adolescent Service (NBAS) is running an anxiety group for adolescents in Years 7-9. The group will assist participants to develop strategies to deal with anxiety using a cognitive behavioural approach. The group involves both adolescent & parent sessions. To find out more call the NBAS Intake Worker on 9466 2500.

**4 – 6pm Monday afternoons, Term 3, 2009
(Start date: 10th August, 2009)**

Queenscliff Community Health Centre

**\$80 per adolescent
(includes materials & afternoon tea)**

Cool Kids

Anxiety Management Group