

FREE Managing Anxiety Workshops

2021 Dates

Caloundra

21st April – 12th May
20th October – 10th November

Maroochydore

19th March – 09th April
04th June – 25th June
05th October – 26th October

Nambour

6th -27th August 2021

Noosa

11 February – 4 March
22 July – 12 August

Gympie

28th April - 19th May

Who?

Suitable for persons with anxiety

Length & Time

4 x two-hour sessions over four consecutive weeks

Cost

Free of charge

Registration

Contact a Social Worker at your nearest Community Health Centre
Caloundra Ph: 5436 8552
Maroochydore Ph: 52029510
Nambour Ph: 54705703
Noosa Ph: 5449 5944
Gympie Ph: 5489 8690



Managing Anxiety

Would you like to learn more about anxiety and how to manage it?

The Sunshine Coast Hospital and Health Service provides free group education course titled “Managing Anxiety”, delivered for 2 hours over four consecutive weeks.

Participants learn from qualified social workers what causes anxiety, how to manage symptoms and how-to problem solve. They also learn skills to relax and live healthier and more enjoyable lives.

We are taking bookings for the next workshop **NOW**. Don't delay, register today.