

# Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?  
Would you like to know what anxiety is and gain some  
understanding on how to manage it?



A two-hour online talk delivered by  
Jane Keyworth, Lead Facilitator at **FACE**

**THURSDAY MARCH 7th.** 7-9PM £24

Available to book now [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)