

Community Education Service



Improving emotional health and well being

Taming Anxiety Gremlins: Avoiding anxiety traps while promoting resilience

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Anxiety is at epidemic levels among children, teens, and adults. Individuals with ASD also have a high risk of developing anxiety. In this workshop, participants will learn about the nature of anxiety and how traditional ways of offering help may unwittingly worsen anxiety. Participants will also learn effective tools to help individuals manage anxiety to promote their resilience and overall well-being.

FREE Webinar

**Thursday, June 11, 2020
6:30 - 8:30 PM**

[**Register**](#)

[**https://community.hmhc.ca/**](https://community.hmhc.ca/)