



Managing Anxieties and Fears: A Halloween-Themed Youth Workshop

Wednesday, October 22 from 5:30-7:30 p.m.
824.5 Delaware Avenue Gymnasium

Dinner and snacks provided!

Youth will explore the difference between anxiety and fear by sharing examples and learning practical coping skills to help manage stress and anxiety.

Participants will take part in hands-on activities such as “coping skill trick-or-treating,” pumpkin decorating and creating their own “fear fighter kit” to take home.

RSVP by Monday, October 20.
Spots are limited, so register now!



Questions? Contact Bailie Murty, MSW
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