



# COVID anxiety skills group

**Feeling the effects of COVID and Lockdown Anxiety? Why not sign up for headspace Ashfield's COVID ANXIETY SKILLS GROUP for 12-25 yo's!**

An online platform, providing 6 x 45-minute sessions, to be supported by headspace Clinicians in navigating study during lockdown, burnout in lockdown, anxiety, and adjusting to life after lockdown!

**Monday 27 September 2021  
Mondays or Wednesdays at  
4:00pm for 6 weeks via Zoom**

There will be the same content each week, just choose the day (Monday or Wednesday) that best suits you.

Sign up here: <https://calendly.com/headspaceashfield>

If you have any queries, please call headspace Ashfield on (02) 9193 8000



**Connect:** [headspace.org.au/Ashfield](https://headspace.org.au/Ashfield)