



**headspace**  
Queanbeyan

## Chilled Anxiety Group

The *Chilled* Anxiety Program is an evidence-based group therapy developed by Macquarie University. The program aims to teach young people and their parents how to better manage anxiety, by teaching clear and practical skills.

Topics covered in the program include:

- How unhelpful thoughts make us anxious
- Thought challenging and thinking realistically
- Assertiveness and problem-solving
- Fighting fear by gradually facing fear

### Who

Young people aged 13-17 years

### When

Wednesdays 5.30-7.30 pm for 9 weeks

27th July - 21st September

### Where

headspace Queanbeyan, 98 Monaro St  
Queanbeyan

### Cost

\$50 to cover manuals and catering. Fee assistance is available in some instances.

### More info or to register

Phone 6298 0300 or email  
[info@headspacequeanbeyan.org.au](mailto:info@headspacequeanbeyan.org.au)

