



# ANXIETY HACK

A group for teens experiencing anxiousness  
or at risk of developing anxiety

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4 Sessions  
Tuesdays 4-5pm  
July 24 – August 14  
\$25 for four sessions

This group for teens 14-16yrs aims to:

- Educate teens about types of anxiety and symptoms
- Provide teens with a good understanding about their own worries, anxiety and stress
- Give teens new skills to manage their symptoms better
- Teaches teens relaxation, helpful thinking and effective behavioural strategies

"Some of the most comforting words in the universe are 'me too.' That moment when you find out that your struggle is also someone else's struggle, that you're not alone, and that others have been down the same road."

Contact Daina or Brenton for further information or to arrange a pre-group interview on 9856 1500 or email [doncare@doncare.org.au](mailto:doncare@doncare.org.au)

**doncare**

Suite 4, Level 4,  
687 Doncaster Road  
Doncaster 3108