



Anxiety: A Basic Management Guide Virtual Workshop

Many of our lives have been upended by the COVID-19 pandemic. We have lost jobs, educational opportunities, and social support networks. If that wasn't enough, we now have the fear and worry subsequent to the death of George Floyd.

What does a person do with the fear? How does a person manage the worry? Where does a person turn for help?

This interactive virtual workshop will provide you with some basic tools for identifying sources of anxiety in your life and methods of coping with anxiety.

Presented by Mark Walker, LPC



The Northwest Catholic Counseling Center

Serving all regardless of faith or finances

A State Certified Counseling Agency

Donations are tax-deductible. Tax ID 93-1088962

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www.nwcounseling.org

When:

Saturday, August 15, 2020
1 PM – 2PM PT

Virtual Zoom Session:

Email with links for access will be sent the day of the workshop.

Register:

Online

nwcounseling.org/services/workshops/

Or Call (503)253-0964

Cost:

\$15 per household

Hardship scholarships available upon request

Pre-registration required. Workshop fee must be paid at time of registration.

Workshop fee is non-refundable: fee will remain a workshop credit for 6 months.