

Anxiety

What the Hell is Happening?



Friday 12 October 2018



9am - 12pm



South Coastal Health,
4 Civic Boulevard, Rockingham

A detailed look at facing anxiety, coping with it, dealing with it, living with it and recovering from it. Free three hour presentation for City of Rockingham community members. Crèche available (must book prior to attending).

Bookings are essential and places are limited. To book please contact the City of Rockingham on **9528 0333** or **customer@rockingham.wa.gov.au**

Free Workshop



rockingham.wa.gov.au

