



JOIN US FOR A  
**ANXIETY &  
COPING STRATEGIES  
WORKSHOP**

FOR CHILDREN WITH SEND/DISABILITIES

**14TH DECEMBER;**

**3.30-6.30PM**

STAY AS LONG AS YOU LIKE

Adswood Youth Centre Neston Grove  
Sk38ph

Come along and chat to us about anxiety and how it impacts on your day to day life help us tell the council what you would like to see available to access.

Learn techniques to understand and access help for your anxiety.

Create own mental well being kit to take home and use.

Arts and crafts, gaming, sensory room and other activities will be available.

FREE workshop with party food and a Christmas gift for all who attend.



**STOCKPORT**  
METROPOLITAN BOROUGH COUNCIL

