

Honoring and Caring for Our Anxiety

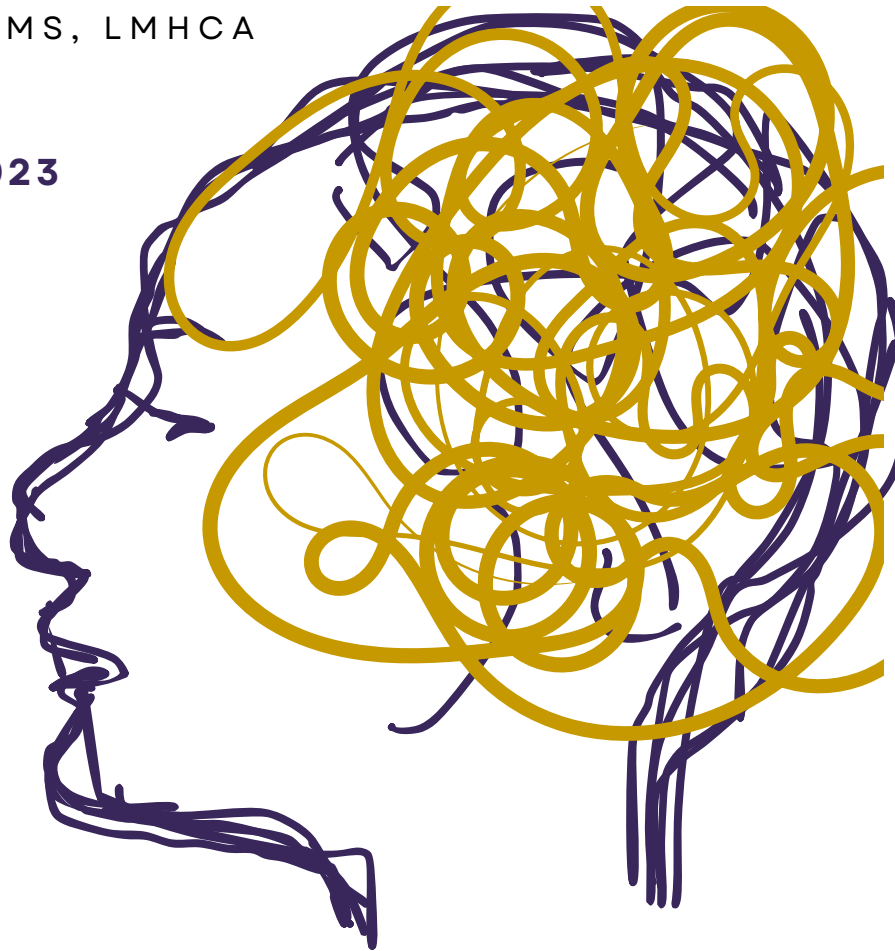
A 3-PART SERIES FOR YOUTH AGES 13-21

WITH RACHEL COLSTON, MS, LMHCA

**WEDNESDAYS,
SEPT 20, SEPT 27, OCT 4, 2023
6:00 - 7:30 PM PT
ON ZOOM**

For youth and young adults in BIPOC and LGBTQA+ communities, anxiety may feel overwhelming when reacting to the social and environmental factors they must face on a daily basis. We all need resources to be able to notice, understand, and care for any anxiety we feel. This series is intended to be a liberated space that centers BIPOC and LGBTQA+ youth and young adults and their realities around anxiety.

- Learn about anxiety, its impact on the body, and root causes.
- Practice decolonized techniques for regulating and managing anxiety.
- Share your own experience and build connections within the series group.



Location: Zoom (online)
Meeting ID: 923 9162 1079
Passcode: 211827
Registration required.
Scan the QR code.

Register HERE



**Questions? Email us at:
Info@MentalHealthMattersWA.com**




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