

# Honoring and Caring for Our Anxiety

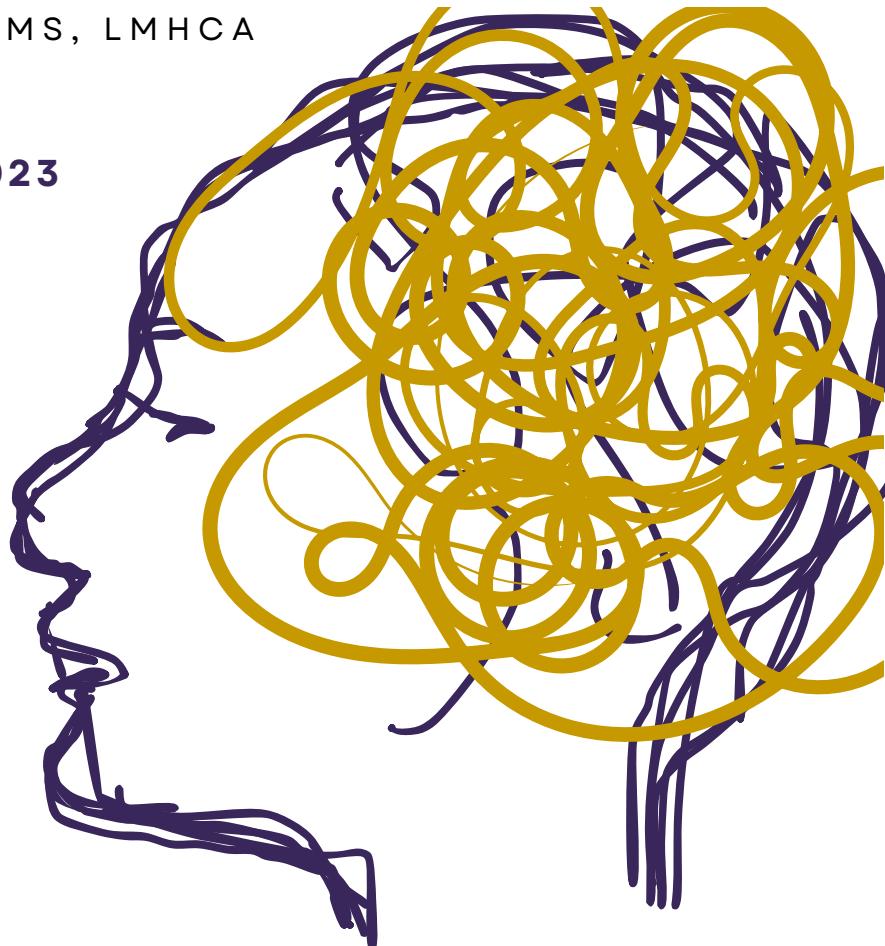
## A 3-PART SERIES FOR YOUTH AGES 13-21

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 LGBTQIA+ 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 LGBTQIA+ 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:  
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