

# Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?  
Would you like to know what anxiety is and gain some  
understanding on how to manage it?



A two-hour online talk delivered by  
Jane Keyworth, Lead Facilitator at FACE  
on 21st September (6:30pm to 8:30pm) £24

**Available to book now [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)**