

**Anxiety 101:**  
**A group for September high school students**

This one-hour, interactive virtual presentation will look at understanding and taming stress and anxiety. We will describe what stress and anxiety are, what areas in our lives it impacts and ways to cope/manage stress. Participants will try a mindfulness activity and learn about some helpful resources.

If interested, please email [studentwellness@scdsb.on.ca](mailto:studentwellness@scdsb.on.ca) or call 705-734-6363 ext. 11987 and provide your name and contact information to learn more.