



Funded by
UK Government

Anxiety: Unwound

Reg'd Charity: 1144057

Anxiety: Unwound is for young people of secondary school age suffering from anxiety. You will learn what anxiety is, coping strategies, how to manage it, and overcome fears.

We offer a warm, welcoming, safe and confidential space, where the project will be delivered in a small group setting across an eight week course.



Term Time | Weekly | Thursday | 4 - 5pm

The Point Youth Centre, Fleet

For more information, please contact

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