RETURNING TO POPULATED PLACES: HOW TO CALM YOUR ANXIETIES

PRESENTED BY:
NAMI Eastside
&
Northshore Council PTSA

TUESDAY
MAY 18
7 PM
Register at:

After over a year of staying at home, it is normal that you may feel anxious seeing large, or even small, groups of people.

Learn tips to calm these feelings from NAMI Eastside's Executive Director, Barbie Collins Young.