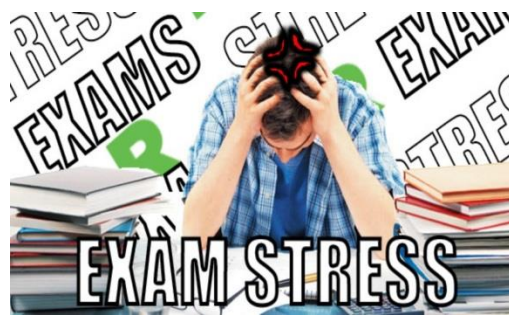


# Managing Anxiety and Exam Stress for Teens: a 3-Step Workshop

with Karima Tasker, Mindfulness teacher and NHS-based Cognitive Behavioural Therapist  
and Karen Cronin, Mindfulness coach and youth mentor working with children with anxiety disorders

**Saturday, 2 March 14.00-17.00**



This workshop will provide young people (Year 7 upwards) with the techniques and tools to manage stress and anxiety in their daily lives, using an approach based on cognitive behavioural therapy and mindfulness. These skills will enable them to increase their resilience and to confidently navigate their way through difficult times. Parents are welcome to participate at no extra cost.

**Cost:** £30 includes refreshments **Code:** WMA1

**The Letchworth Centre for Healthy Living**  
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