

Understanding

Anxiety

Want to know about anxiety?

What it is? What happens when you feel it?

When to reach out for help?

How to help someone you care about?

Come to this FREE talk

with Ashley Symington, LMHC, NCC,

Town of Harwich

Director of Youth and Family Services.

Thursday, January 25, 2024

6:00PM-7:00PM

at the

Harwich Community Center

