

# ANXIETY TOOLBOX

DEC 17<sup>TH</sup>, 2025 | 12-1PM  
ONLINE WEBINAR

JOIN THE BROOKINGS COUNTY MENTAL HEALTH COALITION FOR A WORKSHOP ABOUT ANXIETY.

UNDERSTAND THE DIFFERENCE BETWEEN ANXIETY & STRESS, HOW TO PREVENT BURNOUT, & FIND TOOLS TO MANAGE ANXIETY WHEN IT ARISES.



**SCAN HERE  
TO RSVP!**

**FACILITATED BY JULIA WALKER, MS, LPC-SUPERVISEE**

