

**25 MAY** (INTRODUCTORY),  
**15, 22 & 29 JUN** (SMALL GROUP\*)

Fees: \$15

WORKSHOP:

## Overwhelmed by Anxiety? Take Control!

TIME:

10.30am-12.30pm (Intro Session)  
Registration opens at 10.15am  
10am – 1pm (Small Group Session)

VENUE:

Agape Village  
Level 3, Multi-Purpose Room  
7A Lor 8 Toa Payoh, Singapore 319264

TO REGISTER:

<https://tinyurl.com/tc0525>

Call: 6757 7990

Or Email:

[registration@clarity-singapore.org](mailto:registration@clarity-singapore.org)

**Overwhelmed by Anxiety?**

**Do you suffer from panic attacks?**

**#TakeControlwithClarity!**

Anxiety is a normal emotional response that many experience as part of everyday life. However, some of us experience anxiety in ways that affect our daily lives.

Join us in this interactive workshop where we seek to find out more about anxiety. We will explore the reasons behind our feelings of anxiousness, debunk myths and misconceptions that we may have and learn different ways to manage our anxiousness.

In our small group sessions, we further examine how anxiety affects our lives, and explore ways to cope with it.

**\*The introductory session is a prerequisite to the small group sessions**



  
**CLARITY**  
Happiness Within Your Reach

*Clarity Singapore is a Catholic charity that  
lights the way to mental well-being*