

Faith Connections on
Mental Illness presents:

IS EVERYONE ANXIOUS, OR IS IT JUST ME?

Teens and Tweens are invited to join in for a zoom call featuring Sophie Riegel. This hour and a half event will help participants learn about anxiety, how to remove stigma, how to support friends, and gain coping strategies for these anxious days.

SUN. JAN. 3RD
3:00 PM - 4:30 PM
ZOOM

**Contact
your youth
leader for
the link to
register.**

Who is Sophie Riegel?

Check out www.sophieriegel.com!