



boxing-out anxiety

Getting a good defensive game for your mental health is a skill, just like boxing-out in basketball. The more it is understood and practiced, the better you get.

Come learn the skills to help support your young people with managing anxiety during COVID-19.

**when
where**

Tuesday October 27th at 6pm
Online via [Zoom](#) (for more info visit elthamwildcats.com.au)

The first public event in the partnership will take place on October 27th from 6pm-7pm over Zoom. Aimed at parents and coaches it will focus on young people experiencing anxiety in the context COVID-19.

Come and hear from headspace staff and members of their Youth Advisory Committee as they discuss symptoms of anxiety, some helpful interventions and what common questions and thoughts young people are experiencing.

This will be followed by an information session for our players a fortnight later.

Eltham Wildcats and headspace Greensborough look forward to continuing to improve the support available to the Wildcat family.

