



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 manage anxiety during COVID-19.

**when
where**

Tuesday November 10th at 6pm
Online via [Zoom](#)
(click link to register)

The second public event in the partnership will take place on November 10th from 6pm-7pm over Zoom. This event is for young people and their friends who may be 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 tips and ways to help, and answer some of your questions.

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

