

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

**Click here
to register.**

Who is Sophie Riegel?
[Click here to learn more.](#)

