

# ONELINE HEALTH MEETING: "HOW TO DEAL WITH ANXIETY ?"

The Le Havre Seine Métropole urban community invites students to a videoconference workshop on "how to deal with anxiety ?"

*Published on 24 March 2021*

The current health crisis can be stressful for many students. Therefore, the urban community is offering a free videoconference workshop on the theme of student anxiety, how to better understand it, and how to better deal with it. Led by a professional, this free workshop will provide you with information on anxiety, as well as everyday tips to help you "let off steam".

> Tuesday 16th February 2021, from 6.00 pm to 7.00 pm

> Bookings : Email

> [Le Havre Seine Métropole](#)

For further information, please visit the [Le Havre Seine Métropole](#) website