

The Anxiety Toolbox

Meets every Monday 4pm to 5pm. Sometimes finding the courage isn't that easy. The Anxiety Toolbox gives you the tools to deal with stressful situations in a calm and safe environment. If you're aged between 12 and 17 years, why not come along for an hour of fun and support.

Contact

Telephone 07552 274840
Fax: 07552 274840

Email youthsupport@treads.org.uk

Website <http://en-gb.facebook.com/treadsblandford1/>

Venue

Venue address Blandford Youth Centre Milldown Road
Blandford Forum
Dorset

Postcode DT11 7QS

Locality North Dorset

Other information

Availability All year
Weekday
Daytime

Opening times Mon: 16:00-17:00

Additional Information For further information please contact us on 07552 274840 or send us an email.

Age Range 12 years 0 months to 17 years 11 months

Some activities and family support services listed in our directory may be cancelled, postponed, or running in a different way due to coronavirus restrictions. Please contact providers to check for information about any changes.