

PSYCHOLOGICAL ASSOCIATION OF NAMIBIA

AWARENESS SERIES

AWARENESS RAISING FOR SCHOOLS
&
PARENTS!

**22 OCTOBER
2022**

ANXIETY

**DEPRESSION &
MANAGING POST-COVID
GRIEF**

**ATTENTION-DEFICIT /
HYPERACTIVITY
DISORDER**

**BEHAVIOURAL
CHALLENGES**

**19 NOVEMBER
2022**

**COPING WITH EXAM
STRESS**

SUBSTANCE USE

MANAGING BULLYING

**THE IMPACT OF
TECHNOLOGY & SOCIAL
MEDIA ON TEENS
MENTAL HEALTH**

N\$ 350 per series, N\$ 450 per pair

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