



**NEXUS YOUTH & FAMILY SERVICES PRESENTS:
MENTAL HEALTH & WELLNESS WORKSHOP**

AGORAPHOBIA & GERMAPHOBIA IN THE MIDST OF COVID-19

This month's workshop discusses the definitions, signs, and symptoms of agoraphobia and germaphobia, and provides coping skills and treatment strategies. We also discuss phobias and the impact of the global pandemic on mental health.

LINK: [Agoraphobia & Germaphobia](#)



No person shall be discriminated against in participating in any Nexus service or program due to age, sex, color, religion, gender, marital status, ancestry, medical condition, physical or mental disability, citizenship, or any other consideration made unlawful by state, federal, or local laws.

FREE WORKSHOP

**AVAILABLE IN ENGLISH
& SPANISH**

**AVAILABLE ON NEXUS
YOUTUBE CHANNEL
AND FACEBOOK PAGE**

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