

## PACE Online Support Groups April – June 2020



During the COVID-19 crisis, while face to face groups are suspended, the PACE Service is offering the following Online Support Groups:

### OCD Support Group

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**When:** Thursdays (Fortnightly)      **Time:** 10.00am – 12.00pm

**Dates:** Apr 9, May 7, May 21, Jun 4, Jun 18

### Eating Disorders Support Group

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**When:** Tuesdays (Fortnightly)      **Time:** 6.00pm – 8.00pm

**Dates:** Apr 7, May 5, May 19, Jun 2, Jun 16, Jun 30

### Binge Eating Support Group

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**When:** Thursdays (Fortnightly)      **Time:** 10.00am – 12.00pm

**Dates:** Apr 2, Apr 30, May 14, May 28, Jun 11, Jun 25

### Panic and Anxiety Support Group

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**When:** Wednesdays (Weekly)      **Time:** 10.00am – 12.00pm

**Dates:** Apr 1, Apr 8, Apr 15, Apr 22, Apr 29, May 6, May 13, May 20, May 27, Jun 3, Jun 10, Jun 17, Jun 24

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Online PACE groups use video conferencing technology, so you will need a laptop, tablet or smartphone, with internet access to participate in a group.

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**For more information or to register phone 8303 6660  
or email [pace@centacare.org.au](mailto:pace@centacare.org.au)**