

Panic and Anxiety Recovery Support Group - 2019



Centacare's **PACE** service offers a free support group for people experiencing anxiety and panic attacks.

The Panic and Anxiety Recovery Support Group provides a safe environment in which to:

- Meet other people experiencing similar challenges
- Share your experiences with people who understand what you are going through
- Learn strategies to help you in your recovery

PACE support groups are co-facilitated by a Peer Worker with a lived experience of recovery.

Anyone over the age of 16 can attend, and you are welcome to bring a support person with you.

If you have anxiety or panic attacks, the Panic and Anxiety Recovery Support Group can help.

Where: Anglicare – 91-93 Elizabeth Way Elizabeth

When: Wednesdays (Fortnightly)

Dates:

31st July

23rd October

Times: 10.00am – 12.00pm

14th August

6th November

28th August

20th November

(Although 2 hours is allocated for the group, finish times are flexible and depend on the needs of the group)

11th September

4th December

25th September

18th December

For more information or to register phone 8303 6660 or email pace@centacare.org.au