

## 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.**

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**Where:** Gawler Community House – 2 Scheibener Terrace Gawler

**When:** Wednesdays (Fortnightly)

**Time:** 2.00 – 4.00pm

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

**Dates:**

16<sup>th</sup> October

30<sup>th</sup> October

13<sup>th</sup> November

27<sup>th</sup> November

11<sup>th</sup> December

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For more information or to register phone 8303 6660 or email

[pace@centacare.org.au](mailto:pace@centacare.org.au)