

## 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:** Woodcroft Morphett Vale Neighbourhood Centre – 175 Bains Rd Morphett Vale (Rm 3)

**When:** Fridays (Fortnightly)

**Dates:**

26<sup>th</sup> July

18<sup>th</sup> October

**Time:** 10.00am – 12.00pm

9<sup>th</sup> August

1<sup>st</sup> November

23<sup>rd</sup> August

15<sup>th</sup> November

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

6<sup>th</sup> September

29<sup>th</sup> November

20<sup>th</sup> September

13<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)