

Panic and Anxiety Recovery Support Group - 2017



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

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: Infuse Church – 147 Hurling Drive Mount Barker

When: Mondays (Fortnightly)

Dates:

8th May

11th September

22nd May

25th September

5th June

23rd October

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

19th June

6th November

3rd July

20th November

31st July

4th December

14th August

18th December

28th August

For more information or to register phone 8159 1400 or email

pace@centacare.org.au