

## DAIR Hoarding Recovery Support Group - 2019

### DAIR to be Free!



Centacare's **PACE** service offers a free support group for people experiencing hoarding issues.

The DAIR Hoarding 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 a problem with hoarding, the DAIR Hoarding Recovery Support Group can help.

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**Where:** Centacare – 413 Grange Rd Seaton

**When:** Wednesdays (Monthly)

**Dates:** 23<sup>rd</sup> January 17<sup>th</sup> April

20<sup>th</sup> February 15<sup>th</sup> May

**Time:** 1.30 – 3.30pm

20<sup>th</sup> February 12<sup>th</sup> June

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