

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: 30th January 10th April

Times: 10.00am – 12.00pm

13th February 8th May

27th February 22th May

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

13th March 5th June

27th March 19th June

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