

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

When: Fridays (Fortnightly)

Dates:

25th January

3rd May

Time: 10.00am – 12.00pm

8th February

17th May

22nd February

31st May

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

8th March

14th June

22nd March

28th June

5th April

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