

## 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:** Centacare – 413 Grange Rd Seaton

**When:** Wednesdays (Fortnightly)

**Time:** 10.00am – 12.00pm

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

**Dates:**

23 <sup>rd</sup> January	1 <sup>st</sup> May
6 <sup>th</sup> February	15 <sup>th</sup> May
20 <sup>th</sup> February	29 <sup>th</sup> May
6 <sup>th</sup> March	12 <sup>th</sup> June
20 <sup>th</sup> March	26 <sup>th</sup> June
3 <sup>rd</sup> April	

For more information or to register phone 8303 6660 or email

[pace@centacare.org.au](mailto:pace@centacare.org.au)