



Many people affected by anxiety find it helpful to talk with others who share similar experiences. ARCVic have launched an Anxiety Reading Group to explore anxiety themes and bibliotherapy in a relaxed and understanding environment .

## **ANXIETY READING GROUP - SURREY HILLS**

### **An Open Book Club with a Difference!**

Exploring books, poems, articles and novels with themes around anxiety, anxiety disorders and related depression, .  
It's ok if you're not an avid reader—come along and participate in shared readings, and swap helpful ideas on the night.  
Bring along your favorite writings/books with these themes!

**Meets the last Wednesday each month**

**Venue: Maitland Meeting Room, The Cottage  
1 Bedford Avenue, Surrey Hills  
(Surrey Hills Neighbourhood Centre)**

**Time: 7.30pm — 9pm**

**Cost: Free** (gold coin donation appreciated)

**Anxiety Recovery Centre Victoria**

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