

Support for people and families living with anxiety disorders

ARCVic Support Group Meeting Details...

Eastern region –

Hawthorn

Boroondara Community Health Service,
378 Burwood Road, Hawthorn. (Enter from Kent St)

Time: 7.30pm – 9.30pm

First and third Tuesday each month.

Surrey Hills

ARCVic,
292 Canterbury Road, Surrey Hills.

Time: 11.00am – 12.30pm

Third Sunday of each month.

Glen Waverley

Mount Street Neighbourhood House,
6 Mount Street, Glen Waverley

Time: 7.30 pm – 9.00 pm

First Tuesday each month.

Canterbury

Canterbury Neighbourhood Centre
171 Canterbury Road, Canterbury (Enter from side door)

Time: 7.00pm – 8.30pm

Second Thursday of each month.

Ringwood Group for Young People aged 18 – 30

Ringwood Room, Ringwood Library
4 Ringwood Street Mall, Ringwood (adjacent to Eastland
Shopping Centre). (Starting March 2012)

Time: 7pm – 8.30pm

Second Monday each month.

Northern region –

Watsonia

Watsonia Neighbourhood Centre,
47 Lambourn Road, Watsonia

Time: 7.30 pm – 9.00 pm

Fourth Wednesday each month.

Richmond

Finbar Neighbourhood House (Portable classroom)
143 Kent Street, Richmond

Time: 7.00 pm – 8.30 pm

Third Monday each month.

Southern region –

Dandenong

Dandenong Neighbourhood House,
34 King Street, Dandenong.

Time: 1.30 pm – 3 pm

Second Wednesday each month.

Bentleigh

Bentleigh Bayside Community Health Centre,
Gardeners Road, East Bentleigh (Cnr Centre Road)

Time: 7.30 pm – 9.30 pm,

**Second Monday* each month. (*except Public
Holidays – meeting is second Tuesday of the month)**

East St Kilda

At the Betty Day Centre
Meeting Room 1 & 2, 67 Argyle Street, East St Kilda.

Time: 1 pm – 3 pm

First Wednesday each month.

Prahran

Prahran Library Meeting Room,
180 Greville Street, Prahran

Time: 1.00 pm – 3.00 pm

First Tuesday each month.

Western region –

Taylors Lakes/Melton

Hillside Community Centre, Recreation Reserve, Royal
Crescent, Hillside.

Time: 7.00 pm – 9.00 pm

First Tuesday each month.

Moonee Valley - Ascot Vale


Ascot Vale Neighbourhood Centre,
Cnr Union Road & Munro Street, Ascot Vale.

Time: 7.30 pm – 9pm,

First Wednesday each month.



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Regional support groups –	
Wodonga Trudewind Rd Neighbourhood House, Quirk Court, Wodonga. Time: 7.00 pm – 8.30 pm Last Tuesday each month	Ballarat St Patricks Cathedral Presbytery 3 Lyons Street South, Ballarat (ring doorbell) Time: 7.30 pm - 9.00 pm First Wednesday each month.
Traralgon (La Trobe Valley) Traralgon Neighbourhood House, 11-13 Breed Street, Traralgon Time: 5.30 pm - 7.30 pm Meet Tuesdays fortnightly	Koo Wee Rup In Recess.
Geelong - Adult Group (Barwon South West) Lifeline Office, 1 McKillop Street, Geelong. Time: 7.00 pm – 9.00 pm Last Thursday of each month	Geelong - Youth Group Time: 5.30 pm – 6.45 pm Last Thursday of each month *New members of youth support group need to fill out consent/medical form prior to attending (PDF on webpage http://www.arcvic.com.au/our-services/support-groups)
Specific disorder support groups –	
Trichotillomania Support Group - Adults ARCVic, 292 Canterbury Road, Surrey Hills. Time: 11.00 am – 1.30 pm First* Sunday each month. *(except public holidays – meeting is second Sunday)	Tricho Support Group – Youth + parents (10 – 17 yo) ARCVic, 292 Canterbury Road, Surrey Hills. Time: 2.30 pm – 4.00 pm First* Sunday each month. *(except public holidays – meeting is second Sunday)
Post Traumatic Stress Group Centre for Emotion Focused Practice, Level 1, 102 Toorak Rd, South Yarra (Enter Powell St) Time: 7.00 pm – 8.30 pm Last Monday of each month.	Panic Group Fitzroy Library, Meeting Room 2, (Ring bell at rear) 128 Moor Street, Fitzroy Time: 7.30 pm – 9.00 pm Second Thursday each month.
Generalised Anxiety CWA Hall, 4 Sun Dew Avenue, Boronia (2 nd house on RHS – park on the lawn) Time: 7.00 pm – 8.30 pm Second Tuesday each month.	Social Anxiety Support Group ARCVic, 292 Canterbury Road, Surrey Hills. Time: 7.30 pm – 9.00 pm Second Tuesday each month.
Anxiety Reading Group -	
Exploring <i>books, poems, articles and novels</i> with themes around Anxiety and Anxiety Disorders Surrey Hills Neighbourhood Centre 157 Union Road, Surrey Hills Time: 7.30pm – 9pm Last Wednesday of each month.	

For details contact the office on 9830 0566 or the Helpline on 9830 0533 or 1300 269 438 (1300 ANXIETY).

Information about Support Groups is also available from the website www.arcvic.org.au or you can email ARCVic at arcmail@arcvic.org.au