



## Understanding Anxiety and Building Resilient Communities

**Date: Wednesday 16<sup>th</sup> of May 1:00pm - 2:30pm**

Do you or someone you love feel anxious and seem overwhelmed at times?

Would you like to gain a greater understanding of anxiety and learn some helpful strategies to support yourself and others?

Learning to cope with anxiety, stress and fear, whilst a normal part of life, can be deeply challenging not only for us, the family unit but our community as a whole.

This information session will cover:

- Understanding the role of anxiety, stress and worry
- The signs and symptoms
- Types of anxiety disorders
- What's helpful and not helpful
- Relaxation techniques and tools, mindfulness, breathing etc.
- Where to go for more information/help

Fact sheets, practical exercises and brochures are also included.

**Time:** 1:00pm - 2:30pm

**Venue:** **The Plaza Library** at the Pacific Werribee Shopping Centre, Shop MM11,  
Level 1, Derrimut Road, Werribee

**Fee:** Free

For further information or to register contact the ARCVic Office – 9830 0566  
or OCD & Anxiety Helpline – 9830 0533 / 1300 269 438

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