



Many people affected by anxiety disorders find it helpful to meet and talk with others who have had similar experiences. Discussing symptoms, self help ideas and strategies in a relaxed and understanding environment can be a great support to recovery.

The support group offers support, information and self-help for people with Obsessive Compulsive, Social Anxiety, Panic & Generalised Anxiety Disorders, Trichotillomania/Hair Pulling, Hoarding, Body Dysmorphic Disorder, Agoraphobia & Phobias.

Carers, Family Members and Friends also welcome.

Mansfield

Anxiety Disorders Support Group

Meets the **FIRST THURSDAY** each month

Thursday 1st August 2019

- Venue:** Buckland Community Centre, Erril Street, Mansfield
- Time:** 7.30pm – 8.30 *followed by Guest Speaker: Michelle Graeber CEO of ARCVic presenting Mindfulness from 8.30 to 9.30pm*
- Cost:** FREE (Gold coin donation appreciated to cover tea/coffee biscuits)

Anxiety Recovery Centre Victoria

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