



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. *This is a support group designed to better understand the complexity of living between two cultures. A forum to: discuss the challenges of living up to cultural expectations and reducing the stigma around asking for help and supports.*

The support group offers support, information and self-help for people interested in mindfulness and using it as a strategy to manage anxiety and related disorders.

Carers, Family Members and Friends also welcome.

***NEW* Multicultural Anxiety Support Group**

Meets the **FIRST** MONDAY each month

Venue: Anxiety Recovery Centre Victoria, 292 Canterbury Road, Surrey Hills

Time: 7.30pm – 9.00pm

Cost: FREE (Gold Coin donation appreciated)

2018 Dates: **6th August, 3rd September, 1st October, 5th November and 3rd December.**

Anxiety Recovery Centre Victoria

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