Community Seminar
Journey to Recovery from Anxiety
Delivered by Centacare’s PACE program, a support service for Panic Anxiety, Obsessive Compulsive Disorders and Eating Disorders

Have you wondered how can you tell the difference between normal fears and problem anxiety? Our living with Anxiety seminar will cover the different signs and symptoms, the different types of anxiety disorders and how they present. We will provide you with information on strategies and treatments options to assist people living with anxiety.

Anxiety is the most common mental health condition in Australia. On average, one in four people—one in three women and one in five men will experience anxiety at some stage in their life.

Join us to experience the powerful journey of recovery from the presenter’s perspective. This 1 hour presentation is designed to give participants the opportunity build on your awareness and knowledge of anxiety disorders.

When: Wednesday, 30 April 2014
Where: Henley & Grange Community Centre
        196a Military Road, HENLEY BEACH
Time: 6.00pm (light supper provided)
Cost: Gold coin donation

To register your interest please ring 8408 1277

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