

FREE Anxiety Disorders Support Group

Blue Haven

When: 1st Sunday of each month

Where: Blue Haven Community Centre,
Colorado Drive, Blue Haven

Time: 10am **Cost:** FREE

A free Support Group meeting is held in Blue Haven for people living with an anxiety disorder and their family and friends.

We meet in a friendly, caring and supportive atmosphere to share experiences. Anxiety Disorders include: Generalised Anxiety Disorder, Panic Attacks, Agoraphobia, Obsessive Compulsive Disorder, Social Anxiety and specific Phobias.

For more information:

call the Facing Anxiety Program

on **1300 794 992**

or email

supportgroups@mentalhealth.asn.au

Facing Anxiety is a program of the
Mental Health Association NSW
funded by NSW Health
www.mentalhealth.asn.au

**mental health
association nsw** 

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