

## FREE Anxiety Disorders Support Group

### Wyoming

**When:** 3rd Saturday of each month  
**Where:** Wyoming Community Centre,  
147 Maidens Brush Road, Wyoming  
**Time:** 9am **Cost:** FREE

A free Support Group meeting is held in Wyoming 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](mailto:supportgroups@mentalhealth.asn.au)

Facing Anxiety is a program of the Mental Health Association NSW funded by NSW Health  
[www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

**mental health  
association nsw**



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