

## Anxiety Support Group

A support group allows people to express their feelings and provides a forum for discussion in a safe and confidential environment, amongst peers.

Groups are guided by facilitators (including one with lived experience) who assist in directing discussions and can provide insight and understanding in regard to issues raised. This group is not a place for therapy or crisis intervention, but is intended to support and education you in how to manage anxiety.

- 5 x 60 minute sessions, either **Saturday 11am** or **Thursday at 4pm**
- Small groups of 6-10 participants
- \$30 per session, or Medicare rebates available (\$21.65 rebate)
- On-going support groups following the five sessions may be an option
- Adolescent and adult groups available

<b>Session 1</b>	Understanding the role of anxiety in our lives. Recognising the triggers, signs and symptoms of anxiety The relationship between panic, anxiety, stress and depression. Strategies.
<b>Session 2</b>	How my thoughts impact on my feelings. Breaking the anxiety cycle- tips and tools for the management of anxiety Strategies.
<b>Session 3</b>	Management of anxiety, emotions and relationships – part 1 Building resilience.
<b>Session 4</b>	Management of anxiety, emotions and relationships – part 2 Strategies.
<b>Session 5</b>	Maintaining quality of life, looking positively into the future. ..... And more strategies.

**The next workshop series will commence on Thursday the 2nd of November at 4pm.  
The dates for this series are the 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>th</sup> and 30<sup>th</sup> of November and 7<sup>th</sup> of December.**

You need to book a place in this workshop series. Please contact reception at Cairnmillar on 9813 3400, or email [reception@cairnmillar.org.au](mailto:reception@cairnmillar.org.au)

If you cannot attend this one, but want updated information on the next series, or more information generally about the workshops please email or telephone an **Expression Of Interest** to Cairnmillar reception at Cairnmillar on 9813 3400, or email [reception@cairnmillar.org.au](mailto:reception@cairnmillar.org.au)