



Living Well with Anxiety

Presented by ARCVic

DATE: Friday 7th September

Do you or someone you love feel anxious and seem overwhelmed at times?
Would you like to gain a greater understanding of anxiety and learn some helpful strategies to support yourself and others?

Learning to cope with anxiety, stress and fear, whilst a normal part of life, can be deeply challenging not only for us, the family unit but our community as a whole.

This information session will cover:

- Understanding the role of anxiety, stress and worry
- The signs and symptoms
- Types of anxiety disorders
- What's helpful and not helpful
- Relaxation techniques and tools, mindfulness, breathing etc.
- Where to go for more information/help

Fact sheets, practical exercises and brochures are also included.

Time: 9.45am-11.45am
Venue: Selby Community House
Fee: \$5.00 – Bookings Essential!!

For further information or to register contact the Selby Community House on 9754-2039 E: selby@selbyhouse.com.au or via our website www.selbyhouse.com.au