



Would you like an opportunity to share your experiences and be supported by others?

2nd Monday of the month | 6.30pm

Cronulla RSL, Soldiers Room 4 | 38 Gerrale St, Cronulla

WayAhead's support groups are a non-judgemental place for people with anxiety and/or their family, carers and friends to meet. Meetings are facilitated by trained volunteers.

Support Groups are:

- FREE to attend
- monthly, running for 1 to 2 hours
- open to family members and friends
- complement treatment, though not a replacement
- for ages 18+

wayahead.org.au

Anxiety disorders include: generalised anxiety disorder, panic attacks, obsessive compulsive disorder, agoraphobia, social anxiety and specific phobias.

Please register for the group by contacting:

supportgroups@wayahead.org.au | 1300 794 992