



The journey of parenting can be extremely challenging and can often leave us feeling very overwhelmed and anxious. These feelings are very normal, but often, we are left thinking that we are the only ones that feel this way.

Whether you are a parent or a carer of a child, teenager or even an adult, take this opportunity to be supported. Connecting and sharing with other parents can ease anxiety and be of so much support.

Our Parents Group, guided by 2 trained facilitators, operates in a compassionate, inclusive, and relaxed environment allowing each parent to share only what is comfortable for them. We offer space for you to explore strategies and to listen to other parents.

The support group offers support, information and self-help for people interested in mindfulness and using it as a strategy to manage anxiety and related disorders.

## PARENTS

### ZOOM Anxiety Support Group

Meets the **FIRST** AND THIRD MONDAY'S each month

**Venue:** REGISTER YOUR FREE BOOKING through link below:

<https://www.arcvic.org.au/community-education/online-support-group-bookings>

**Time:** 1.30pm – 2.30pm

**Cost:** FREE

**2020 Dates:** 20<sup>th</sup> July, 3<sup>rd</sup> & 17<sup>th</sup> August, 7<sup>th</sup> & 21<sup>st</sup> September,  
5<sup>th</sup> & 19<sup>th</sup> October, 2<sup>nd</sup> and 16<sup>th</sup> November and 7<sup>th</sup> & 21<sup>st</sup> of December

Anxiety Recovery Centre Victoria  
**Helpline: (03) 9830 0533 / 1300 269 438**

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