



We are pleased to offer this free 3 week ongoing group for adults in partnership with Windsor Professional Centre:  
**WITH FREE CHILDCARE**

# Coping with Anxiety & Panic Attacks

**Richmond Community Services Inc.** in partnership with **Windsor Professional Centre** are running a 3-week ongoing group for adults experiencing anxiety and panic attacks. During the group, with the help of experienced psychologists, you will learn practical strategies and ways to help reduce your anxiety and manage panic attacks.

**3 x Wednesdays 26th May, 2nd & 9th June 2021**

**9.30am—12.30pm**

**At: Richmond Community Services Inc.  
20 West Market St, Richmond, NSW 2753**

**BOOKING ESSENTIAL**

**Call 4588 3502 or email  
[admin@rcsi.ngo.org.au](mailto:admin@rcsi.ngo.org.au)**

***...making a difference...***



**WINDSOR  
PROFESSIONAL CENTRE**