



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 17th, 24th & 31st October 2018—
10am—12 noon**

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

BOOKING ESSENTIAL
Call 4588 3502 or email
admin@rcsi.ngo.org.au
...making a difference...

