

Anxiety Support Group Meetings

Facing Anxiety Program (FAP) – 1300 794 992

Social Phobia Panic Attacks Generalised Anxiety Disorder (GAD)
Obsessive Compulsive Disorder (OCD) Agoraphobia

<p><u>Kingsgrove</u></p> <p>3rd Saturday of each month Kingsgrove RSL 4 Brocklehurst Lane Kingsgrove</p> <p>2.30 pm Leaders: Victoria & Vanessa</p>	<p><u>Sutherland</u></p> <p>3rd Saturday of each month Sutherland United Services Club 7 East Pde., Sutherland</p> <p>3.00 pm Leaders: John, Jeremy</p>	<p><u>Parramatta</u></p> <p>Last Saturday of each month Parramatta RSL Cnr Macquarie & O'Connell Sts., Parramatta</p> <p>1.30 pm Leaders: Keang</p>	<p><u>Warringah</u></p> <p>3rd Saturday of each month Warringah Mall Library Level 2 Arena Cove Warringah Mall</p> <p>12 noon Leaders: Linda</p>
<p><u>Gosford / Niagara</u></p> <p>3rd Saturday of each month Niagara Park Community Centre Shop 21 Washington Ave., Niagara Park</p> <p>9.00 am Leaders: Anet, Maree</p>	<p><u>Gordon</u></p> <p>3rd Thursday of each month Ku-ring-Gai Library Meeting Room 799 Pacific Highway Gordon</p> <p>7.30pm Leaders: Debbie</p>	<p><u>Bondi Junction</u></p> <p>1st Thursday of each month Mill Hill Centre 31-33 Spring St, Bondi Junction</p> <p>7.00 pm Leaders: Linda, Candice, Kate</p>	<p><u>Jesmond (Newcastle)</u></p> <p>1st Wednesday of each month Jesmond Neighbourhood Centre 44 Mordue Pde., Jesmond</p> <p>4.30 pm Leaders: Jacqueline & Narelle</p>
<p><u>East Sydney</u></p> <p>3rd Wednesday of each month Level 5 80 William Street, East Sydney</p> <p>2.00 pm Leaders: Julie, Harriet</p>	<p><u>Epping</u></p> <p>1st Tuesday of each month Epping Community Centre 9 Oxford Street Epping</p> <p>6.30 pm Leaders: Julie</p>	<p><u>Glebe</u></p> <p>1st Saturday of each month St Helen's Community Centre 184 Glebe Point Road Glebe</p> <p>1.00 pm Leaders: Angela, Harriet</p>	<p><u>Bankstown</u></p> <p>1st Saturday of each month Ground Floor Meeting Room Bankstown Library 62 The Mall Bankstown</p> <p>1.00 pm Leaders: Sarah</p>