

# Anxiety Support Group Meetings

(ADSI – 1300 794 992)

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

<p><b><u>Kingsgrove</u></b> 3<sup>rd</sup> Saturday of each month Kingsgrove RSL 4 Brocklehurst Lane Kingsgrove  2.30 pm</p>	<p><b><u>Sutherland</u></b> 3<sup>rd</sup> Saturday of each month Sutherland United Services Club 7 East Pde., Sutherland  3.00 pm <b>NO meeting in December 2009 or January 2010</b></p>	<p><b><u>Parramatta</u></b> Last Saturday of each month Parramatta RSL Cnr Macquarie &amp; O'Connell Sts., Parramatta  1.30 pm <b>No meeting in December, 2009</b></p>	<p><b><u>Warringah</u></b> 3<sup>rd</sup> Saturday of each month Warringah Mall Library Level 2 Arena Cove Warringah Mall  12 noon</p>
<p><b><u>Gosford / Niagara</u></b> 3<sup>rd</sup> Saturday of each month Niagara Park Community Centre Shop 21 Washington Ave., Niagara Park  9.00 am</p>	<p><b><u>Chatswood</u></b> 2<sup>nd</sup> Monday of each month Dougherty Community Centre 7 Victor Street Chatswood  6.00 pm <b>Check with office for 2010 meetings</b></p>	<p><b><u>Bondi Junction</u></b> 1<sup>st</sup> Thursday of each month Mill Hill Centre 31-33 Spring St, Bondi Junction  7.00 pm</p>	<p><b><u>Jesmond (Newcastle)</u></b> 1<sup>st</sup> Wednesday of each month Jesmond Neighbourhood Centre 44 Mordue Pde., Jesmond  4.30 pm</p>
<p><b><u>East Sydney</u></b> 3<sup>rd</sup> Wednesday of each month Level 5 80 William Street, East Sydney  2.00 pm</p>	<p><b><u>Epping</u></b> 1<sup>st</sup> Tuesday of each month Epping Community Centre 9 Oxford Street Epping  6.30 pm <b>Not meeting in January 2010</b></p>	<p><b><u>Glebe</u></b> 1<sup>st</sup> Saturday of each month St Helen's Community Centre 184 Glebe Point Road Glebe  1.00 pm <b>Not meeting in January 2010</b></p>	<p><b><u>Milsons Point</u></b> 3<sup>rd</sup> Tuesday of each month Bradfield Park Wellbeing Centre 41 Alfred Street, Milsons Point  7.30 pm</p>