

# break free!

an introduction to understanding  
and living well with anxiety



Do you feel panicky going to shopping centres?  
Do you feel anxious driving in heavy traffic?  
Do you find it hard to switch off 'worry thoughts'?  
Do you find social situations uncomfortable?

**Overcome your fears in a safe and supportive group where you can learn a range of strategies to lessen the impact of anxiety on your life.**

The facilitators are:  
Alistair Pitts – Counsellor/Psychologist  
Rebecca Chivell – Counsellor

**Mondays (8 sessions)**  
**21st February to**  
**18th April, 2011**  
**(one week break for labour day)**

Arrabri Community House  
Allambanan Rd  
Bayswater North

**Time** 10.30am – 1.00pm

**Cost** \$40

**RSVP** Please contact the Intake  
Information and Referral  
CoOrdinator to register  
on 9837 3999

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