



The Anxiety Recovery Centre Victoria with the support of the Lord Mayor's Charitable Fund invites you to attend one of two free community education seminars

# Anxiety Disorders: How Much Worry is Too Much Worry?

**Date:** Tuesday 9<sup>th</sup> March

**Times:** 1.30 pm–3.00 pm or 7.00 pm–8.30 pm

**Venue:** Darebin Arts & Entertainment Centre

Corner Bell Street & St Georges Road, Preston (Melways Reference 30 E1)

With Presentations On

**The Anxiety Disorders including Obsessive Compulsive, Body Dysmorphic Generalised, Social Anxiety & Panic Disorders; An overview of Treatments; & Experiences of Hope & Recovery**

Featuring Guest Speakers

**Dr Richard Moulding**

Clinical Psychologist, Swinburne University

(Involved with the OCD 'STOP' program and National E-Therapy Centre <http://anxietyonline.org.au/>)

**Justin Sacr & Author Joel Magarey**

Will be sharing their experiences of life with OCD and their journeys of hope and recovery  
("Exposure: A Journey" book sales & signings also available)

## A Free Event



Bookings required to assist with catering.

Further Information: Anxiety Recovery Centre Victoria

9886 9233 or 1300 ANXIETY / 1300 269 438

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