



Anxiety Recovery Centre Victoria

Multicultural Anxiety Support Group

Many people living with anxiety, OCD, and related disorders find it helpful to meet others with similar experiences. ARCVICs Support Groups will connect you with peers and support you along your recovery journey.

About Our Group

- The Multicultural Anxiety Support Group is a place for those with diverse cultural backgrounds living with anxiety to come together and discuss challenges, self-help ideas, and coping strategies.
- This group is a safe, confidential, and welcoming space.
- This support group is run by experienced volunteers and welcomes anyone aged 18 years and over.

Meeting Details



1st Monday of the month
6:00pm to 7:30pm



Free of Charge



Zoom meeting

Book Online



<https://arcvic.org.au/events/multicultural-anxiety-support-group/>