

**OCD & Anxiety Disorders Week 2018**

#### Saturday 4th August – Friday 10th August

A week of community events, workshops and activities supporting people with anxiety disorders, their carers, family, friends and health professionals

Saturday 4th August: OCD & Anxiety Week Community Education Seminar

Vibe Savoy Hotel, 630 Little Collins Street, Melbourne

Fee: Morning or Afternoon session only: $35 / $20 ARCVic Members; Full day: $60 / $35 ARCVic Members Morning Session: Anxiety and Children (9.30am-12.00pm) Topics include: Autism & Anxiety, School Refusal, Anxiety Aware Classrooms and a Personal Story

Afternoon Session: Anxiety and Adults (1.30pm-5.00pm) Topics include: Anxiety & Perfectionism, Self-Compassion, Anxiety, Stress & Mindfulness and a Personal Story by Erin Bateman (Married at First Sight – Season 2)

Monday 6th August: Parenting Anxious Children

6.30-8.30pm at ARCVic, 292 Canterbury Road, Surrey Hills. Fee: $20 / $10 for ARCVic Members

A relaxed an informative seminar discussing anxiety in children, what is helpful/unhelpful in supporting your child, management strategies and steps for working through anxiety, relaxation tools and tips for building resilience, where to go for more information and help, and take home material to support you and your child.

Wednesday 8th August: SafeTALK

6.00-9.30pm at ARCVic, 292 Canterbury Road, Surrey Hills. Fee: $50 / $30 for ARCVic Members

Learn how to become a suicide helper and be better prepared to notice and respond to situations in which thoughts of suicide might be present, apply basic TALK steps and connect people with suicide first aid resources and further community resources.

Thursday 9th August: Healthy Minds and Bodies

1.00-3.00pm at ARCVic, 292 Canterbury Road, Surrey Hills. Fee: $5 / FREE for ARCVic Members

Join us for a gentle walk and informal discussion about the links between healthy bodies and minds. Learn more about the 8 week program available to assist with a return to exercise

Friday 10th August: Mindfulness

1.30-3.00pm at ARCVic, 292 Canterbury Road, Surrey Hills. Fee: $10 / FREE for ARCVic Members

A gentle introduction to mindfulness, where will explore mindfulness principles (perception, letting go, non-attachment and presence of mind) and have an opportunity to experience a variety of mindfulness practices.

Bookings for all events essential.

For further information or to register visit [www.arcvic.org.au](http://www.arcvic.org.au) or call ARCVic Office: 9830 0566