

## Aim of Anxiety Support Groups

- ❖ To provide support for people with anxieties and their families
- ❖ To establish a setting in which people with anxieties can meet in comfort and safety
- ❖ To provide a setting for people with anxieties to communicate their feelings and needs to others, and to give and receive support
- ❖ To provide an opportunity for people with anxieties to have fun and enjoy each others company
- ❖ To ensure that group members are given a vision of what can happen in the future by the presence of "coping" members.
- ❖ To raise community awareness
- ❖ To organise guest speakers for the Support Group Meeting if requested by members.

