

Anxiety Recovery Centre Victoria Recovery Programs

Registration of Interest

If you would like to register your interest in one of ARCVic's Recovery Programs please print this form, fill in the required details, and post to -

Recovery Program Coordinator
ARCVic
PO Box 23
ASHBURTON VIC 3147

Following receipt of your Registration of Interest form, you will be contacted by the Recovery Program Coordinator to arrange a time for a brief telephone assessment and to advise you of the dates and times of the next program. If it appears that the program may be beneficial for you, and the dates are suitable, a time will be arranged for a pre-program assessment interview (Social Anxiety Disorder Recovery Program, Panic Disorder Recovery Program, and OCD Recovery Program for Young People). For further information about the registration process please read '[Recovery Programs – General Information](#)' (link).

I am interested in participating in (please tick)

Social Anxiety Disorder Recovery Program

6 weeks x 2 hour sessions. Pre-program assessment interview required - Free
Program fee - \$150.00

Panic Disorder Recovery Program

8 weeks x 2 hour sessions. Pre-program assessment interview required - Free
Program fee - \$150.00

Stress and Anxiety Management Program

6 weeks x 2 .5 hour sessions. Pre-program telephone interview required.
Program fee - \$150.00

Note this program will focus on teaching stress and anxiety management skills, and will not directly address a specific anxiety disorder. Will be most appropriate for people who need assistance managing their own stress levels, and managing stressful situations or environments at work, university or home.

OCD Recovery Program for Young People and their parents/carers

10 weeks x 1.5 hour sessions. Program for young people aged 12 – 15 years of age. Pre-program assessment interview required with young person and one or both parents – Free. Program fee - \$350.00

Family and Carer OCD Group Program

6 weeks x 2 hour sessions. Pre-program telephone interview required.
Program fee - \$100.00

Title First Name Surname

If you are registering interest for the OCD Recovery Program please provide your child's first name and age:

Child's First Name Age

Address PostCode

Preferred daytime telephone number (home / work / mobile – please circle)

Please tick this box if this number is shared (with other family or friends, or is a work number) and you require your interest in this program, and contact with ARCVic, to remain private and confidential to you only. In this case, when calling, if the phone is answered by another person, we will leave a message only with a first name and the following contact number – 03 9886 9233.