

Wellways My Recovery Snapshot

**This group is for
people with a
lived experience
of mental health
issues**



My Recovery Snapshot is a short, 2 session peer education program developed for, and by, people with a lived experience of mental health issues.

My Recovery programs provide up-to-date information about mental health and recovery, and support participants in developing new ways to improve social and emotional wellbeing. Facilitators all have a lived experience of mental health issues, and are trained and accredited to deliver the program.

Tea, Coffee and biscuits provided, please bring your own lunch.
This is a free group.

The sessions will be held at Kyabra Community Association, Kyabra Street, Runcorn

Saturday 21 October & Saturday 28 October 2017

10.00am to 3.30pm

If you're interested in joining this group please call:
Kyabra's Intake Team on 07 3373 9499



Australian Government
Department of Social Services

wellways


kyabra
Strength in Community