

Wellways My Recovery

10 Session programs

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

**Runs weekly from
Monday 23rd October
until Monday
18th December 2017
10.00am to 1.00pm**



My Recovery is a peer led education program that provides 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.

Participants will be invited to meet with the group facilitators at Kyabra the week prior to the group starting. This group is free.

Kyabra Street, Runcorn, 4113

**If you are interested in joining this group please
contact: Kyabra's Intake Team on 07 3373 9499**

Funded by



Australian Government
Department of Social Services

wellways


kyabra
Strength in Community