



# Parent Trail One



A free 9 week creative group for parents living with a mental illness  
This is a collaborative group co-facilitated by Kyabra Community Association Inc. and Metro South Addiction and Mental Health

**This course will be offered during Term 1:**

**30th January to 27th March 2018**

**Tuesdays, 9.30am for a 10am start until 12.30pm**

**If you are interested in joining this group please contact:**

**Kyabra on 3373 9499 OR**

**KOPMI Co-ordinator, MSAMHS on 3089 4130**

**The group will be held Kyabra Community Association,  
Kyabra Street, Runcorn**

## **This group will offer parents the opportunity to:**

- Hear and share other peoples stories of parenting
- Receive input and reflections from a group
- Use art, creative writing, music and discussion
- Explore your parental picture and enhance your particular style of parenting
- Create a personal safety first aid kit for you and your family
- Join with others to have fun and relax

Participants are required to attend an initial meeting with the facilitators prior to enrolling in the group.

Please call Kyabra to arrange a meeting with the facilitators on Thursday 18th January OR Monday 22nd January.

Please call us if dates are not suitable.

Funded by



Australian Government  
Department of Social Services



Office of Early Childhood  
Education and Care



Metro South Addiction and  
Mental Health Services