



# 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 for 9 weeks during Term 1:  
5th February to 2nd April 2019  
Tuesdays, 10:00 am to 12:30 pm**

**If you are interested in joining this group please contact:  
Kyabra Intake on 07 3373 9499 OR  
KOPMI Co-ordinator, MSAMHS on 07 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. Once you have booked a place with Kyabra Intake please call Trish to arrange a meeting with the facilitators on 07 3373 9499

Funded by



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Office of Early Childhood  
Education and Care



Metro South Addiction and  
Mental Health Services