



Parent Trail 2021

A free 10 week creative group for parents living with mental health issues. This is a collaborative group co-facilitated by Kyabra Community Association Inc. and Metro South Addiction and Mental Health Services.

This course will be offered for 10 weeks.

Tuesday 9th March to Tuesday May 25th

(including a two week break for Easter and resume

Tuesday 20th April)

10:00 am to 12:30 pm



**The group sessions 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 when living with mental health issues and share your experiences
- 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 facilitator will call to arrange a meeting with you.

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**

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Office of Early Childhood
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