



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 3:
24th July to 18th September 2018
Tuesdays, 10am for a 10.30am start until 1pm**

**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 Trish to arrange a meeting with the facilitators on
3373 9499

Funded by



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Office of Early Childhood
Education and Care



Metro South Addiction and
Mental Health Services