



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 13th July to Tuesday September 14th

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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