

GROW GROUP FOR CARERS

Is someone in your life troubled with a mental health issue?

Grow Group for Carers

Grow for Carers is for those who care in different ways for people with mental health issues. They meet together fortnightly to share experiences, gain support, increase coping skills, knowledge and understanding through the use of the Grow program.

The meetings include an explanation of the project for any new people and usually one member will share their Personal Story.

Those people attending work on the specific challenges they are facing and the wisdom of the Grow program is used to address those challenges.

Meetings held on the second and fourth Wednesday of every month

Time 10.00am to 12:00pm

Venue Midland Professional Centre Level 3/9 The Avenue Midland

Aim To increase the capacity of families, carers and friends to care effectively for themselves, other family members and their relative living with mental illness.

Grow is anonymous and confidential. There are no fees, and you don't need a referral.