Grow Group for Carers

Are you caring for someone who's experiencing mental health challenges?

Join us at our next Grow Group where we:

- share our experiences
- gain support, and
- increase our coping skills, knowledge and understanding.

Meetings are guided by the Grow program.

Each session includes:

- an explanation of the program
- the opportunity for a member to share their personal story
- working on the specific challenges we are facing, and using the wisdom of the Grow program to address them.

Grow Group is anonymous and confidential.

Cost: No fee, no need to RSVP, and no need to submit a referral

Contact: 9237 8900 or info@mifwa.org.au

Rockingham Grow Group

When: Every 1st & 3rd Wednesday of the month
Time: 12pm to 2pm
Where: Dôme Café, Shop 1, Waikiki Village Shopping Centre 1, 9 Gnangara Dr, Waikiki

Midland Grow Group

When: Every 2nd & 4th Wednesday of the month
Time: 10am to 12pm
Where: MIFWA Midland, Level 3, 9 The Avenue, Midland

This Grow Group is hosted by MIFWA in partnership with Grow WA with the aim to increase the capacity of carers, families and supporters to care effectively for themselves and those they support.

GROW mental wellbeing programs
grow.org.au

mifwa supporting mental wellness + recovery
mifwa.org.au