



No cost

Light refreshments
will be provided.

Peer Social Group

Weekly sessions focusing on a range of topics.

This 10-week group is for anyone with lived experience of mental health issues who wants to connect with others in a warm, supportive environment. Facilitated by a peer worker with lived experience of mental-ill health and recovery.



Hope

Self-care

Recovery

Mindfulness

Resilience

Connection

Sensory Modulation

This group runs weekly during the school term.

To register your interest in attending group, please email:

hello@thinkmh.com.au or call 1800 595 212

Canberra Head to Health, Unit G11 (Ground Floor), 14 Childers Street, Canberra City ACT 2601.

An assessment with our intake team is required prior to commencing in the group.

We have a harm minimisation framework so please do not consume drugs or alcohol prior to attending group.

1800 595 212

hello@thinkmh.com.au

Think Mental Health Pty Ltd

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