



No cost

Light refreshments
will be provided.

Weekly social group

Weekly sessions focusing on a range of topics.

For anyone with lived experience of mental health issues who wants to connect with others in a warm, supportive environment.

 Hope	 Self-care
 Recovery	 Mindfulness
 Resilience	 Communication
 Sensory Modulation	

Every Wednesday, 1:00–2:30pm

To register your interest in attending group, please email:

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

Canberra Head to Health, Alia House, 9 Napier Close, Deakin Downstairs Meeting Room.

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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