



GROW



mental wellbeing programs

Growing Resilience Program

**Week 1:
March 19th
2025
12.00pm -
1.00pm**

Growing Resilience

is a free peer-to-peer program to help you improve your mental wellbeing and build resilience. This 6 week program helps to combat social isolation, improve relationships with family and friends and improve daily life coping skills through guided group sessions with a trained peer facilitator.

You are eligible If you:

- reside, study or work in the Central and Eastern Sydney region
- are experiencing difficulty with life's tasks due to mental health (no formal diagnosis required)
- are not receiving psychosocial supports under the NDIS.

Register today by visiting :

<https://grow.org.au/our-programs/growing-resilience-f2f/>

GROW Australia is bringing a 6 week mental health and wellbeing, intentional peer-to-peer support program, to the Central and Eastern Sydney region.

This FREE Program will help participants improve their mental health and build personal and social resilience.

Sessions start on
Wednesday 19th March 2025,
every Wednesday for
6 consecutive weeks,
from 12.00pm - 1.00pm

Address:

Venue: Botany Family & Children's Centre
13 Banksia Street, Botany, NSW 2019

For more information contact
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