

PROJECT YOUTH

T.H.R.I.V.E

**TOGETHER HARNESSING RESILIENCE, INSPIRATION,
VALIDATION & EMPOWERMENT**

THRIVE is a young mum's program meeting weekly in Menai to support mother's to build parenting capacity, provide support, increase confidence and develop social connections. The groups focus is;

- ✓ Peer Support
- ✓ Creating Memories
- ✓ Education & Support
- ✓ Referral Support

JOIN US



Who

Project Youth



Time

Wednesdays
10.00 AM - 12.00 PM



Where

Menai Youth Centre
34 Allison Cres



For referrals visit projectyouth.org.au

Email katiec@projectyouth.org.au or gracet@projectyouth.org.au for more info