

medicare

Mental Health Centre  
Canberra

No cost

Light refreshments  
will be provided.

# Men's Resilience Group

**For adult men experiencing mental health challenges.**

This 5-week group is aimed at men wanting to learn strategies to boost their resilience and develop these into protective factors against stressors and mental illness.



Provide a supportive network for men who may be struggling with mental health concerns



Improve knowledge about men's mental health issues and resilience



Teach simple strategies to build resilience in men



Develop a personal resilience plan that can be implemented straight away

**This group runs in the evenings of weekdays during the school term. To register your interest in attending this group, please email: [hello@thinkmh.com.au](mailto:hello@thinkmh.com.au) or call 1800 595 212**

Canberra Medicare Mental Health Centre, Shop G7 (Ground Floor), 14 Childers Street (At the corner of Childers and Allsop 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](mailto:hello@thinkmh.com.au)

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**phn**  
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