

medicare

**Mental Health Centre
Canberra**

No cost

Light refreshments
will be provided.

Peer Social Group

Canberra Medicare Mental Health Centre's Peer Social Group is a place for people to connect and socialise in a safe and supportive environment. Run by peer workers, with lived experience of mental ill health and recovery, the peer social group meets weekly to engage in different social activities. Activities include painting/arts and crafts, happy moves (movement for mental health), gratitude journaling, board games and more!



Connect



Create



Engage



Belong

**This group is a 6-week program
that runs for 1.5 hours once a week
during school terms only.**

To register your interest in attending group,
please email: 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 intake assessment is a requirement prior to
commencing in this group.

1800 595 212

hello@thinkmh.com.au

Canberra Medicare Mental Health Centre
ABN 26 653 153 934 | PO Box 260 Deakin West 2600

phn
ACT
An Australian Government Initiative

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