

My Recovery 2020 – Program 3

Afternoon Program, 2 x Sessions / Week

Facilitators:

Helen Day
Aaron Cross

FREE

Participants: **Men and Women**

Session Dates:

1. Monday, 23rd March 2020
 - Module 1: Recovery, Hopes and Dreams
 - Module 2: Peer Support
2. Thursday, 26th March 2020
 - Module 3: What is Mental Illness
 - Module 4: Mental Illness and Identity
3. Monday, 30th March 2020
 - Module 5: Understanding and Resisting Stigma
 - Module 6: Whole Person Health Model
4. Thursday, 2nd April 2020
 - Module 7: Approaching Recovery
5. Monday, 6th April 2020
 - Module 8: Relapse
6. Thursday, 9th April 2020
 - Module 9: Communication

(Easter Monday – 13th April 2020)
7. Thursday, 16th April 2020
 - Module 10: Stigma and Discrimination
 - Module 11: Meaningful Occupation
8. Monday, 20th April 2020
 - Module 12: Goal Setting
9. Thursday, 23rd April 2020
 - Module 13: Recovery, Hopes and Dreams

Time: **1:30 pm to 5:00 pm**, light refreshments provided

Venue: To be confirmed (**Palmerston region**)

Eligibility: People who identify as having experienced mental health challenges, trauma or alcohol and other drug related issues.

Contact:

Noelene Armstrong
Peer Led Education Officer
Northern Territory Mental Health Coalition
0439 100 360
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My Recovery 2020 – Program 4

Afternoon Program, 2 x Sessions / Week

Facilitators:

Matt McMahon
Noelene Armstrong

FREE

Participants: Men and Women

Session Dates:

1. Tuesday, 14th April 2020
 - Module 1: Recovery, Hopes and Dreams
 - Module 2: Peer Support
2. Thursday, 16th April 2020
 - Module 3: What is Mental Illness
 - Module 4: Mental Illness and Identity
3. Tuesday, 21st April 2020
 - Module 5: Understanding and Resisting Stigma
 - Module 6: Whole Person Health Model
4. Thursday, 23rd April 2020
 - Module 7: Approaching Recovery
5. Tuesday, 28th April 2020
 - Module 8: Relapse
6. Thursday, 30th April 2020
 - Module 9: Communication
7. Tuesday, 5th May 2020
 - Module 10: Stigma and Discrimination
 - Module 11: Meaningful Occupation
8. Thursday, 7th May 2020
 - Module 12: Goal Setting
9. Tuesday, 12th May 2020
 - Module 13: Recovery, Hopes and Dreams

Time: 1:30 pm to 5:00 pm, light refreshments provided

Venue: To be confirmed (Darwin region)

Eligibility: People who identify as having experienced mental health challenges, trauma or alcohol and other drug related issues.

Contact:

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My Recovery 2020 – Program 5

Weekend Program, 1 x Session / Week

Facilitators:

Lauren Keys
Naomi Hogben

FREE

Participants: **Men and Women**

Session Dates:

1. Saturday, 2nd May 2020
 - Module 1: Recovery, Hopes and Dreams
 - Module 2: Peer Support
2. Saturday, 9th May 2020
 - Module 3: What is Mental Illness
 - Module 4: Mental Illness and Identity
3. Saturday, 16th May 2020
 - Module 5: Understanding and Resisting Stigma
 - Module 6: Whole Person Health Model
4. Saturday, 23rd May 2020
 - Module 7: Approaching Recovery
5. Saturday, 30th May 2020
 - Module 8: Relapse
6. Saturday, 6th June 2020
 - Module 9: Communication
7. Saturday, 13th June 2020
 - Module 10: Stigma and Discrimination
 - Module 11: Meaningful Occupation
8. Saturday, 20th June 2020
 - Module 12: Goal Setting
9. Saturday, 27th June 2020
 - Module 13: Recovery, Hopes and Dreams

Time: **1:00 pm to 4:30 pm**, light refreshments provided

Venue: To be confirmed

Eligibility: People who identify as having experienced mental health challenges, trauma or alcohol and other drug related issues.

Contact:

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My Recovery 2020 – Program 6

Evening Program, 2 x Sessions / Week

Facilitators:

Kirsty Bird
Chris Williams

FREE

Participants: **Men and Women**

Session Dates:

1. Tuesday, 19th May 2020
 - Module 1: Recovery, Hopes and Dreams
 - Module 2: Peer Support
2. Thursday, 21st May 2020
 - Module 3: What is Mental Illness
 - Module 4: Mental Illness and Identity
3. Tuesday, 26th May 2020
 - Module 5: Understanding and Resisting Stigma
 - Module 6: Whole Person Health Model
4. Thursday, 28th May 2020
 - Module 7: Approaching Recovery
5. Tuesday, 2nd June 2020
 - Module 8: Relapse
6. Thursday, 4th June 2020
 - Module 9: Communication
7. Tuesday, 9th June 2020
 - Module 10: Stigma and Discrimination
 - Module 11: Meaningful Occupation
8. Thursday, 11th June 2020
 - Module 12: Goal Setting
9. Tuesday, 16th June 2020
 - Module 13: Recovery, Hopes and Dreams

Time: **6:00 pm to 9:30 pm**, light refreshments provided

Venue: To be confirmed

Eligibility: People who identify as having experienced mental health challenges, trauma or alcohol and other drug related issues.

Contact:

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