



mental wellness programs

www.grow.org.au

worth-giving

TEMHCO



Top End Mental Health
Consumers Organisation

GROW is providing weekly Wellbeing Workshops to support mental well-being, through tools for resilience, creative expression, peer support, community connections and fun.

This weekly program is free with limited spaces.

If you are interested or you would like more information, please contact

GROW PH: 1800 558 268 *or*

TEMHCO PH: 0429 082 781

Workshops start on

Monday 22nd of February 12.30-2pm

Salvation Army Community Space

Cnr Woodroffe Ave and Temple Tce, Woodroffe.