



"Caring for someone with a mental illness?"

"GROW - Better Together" is about Carers of people with a mental illness meeting together weekly to share experiences, gain support, increase their coping skills, knowledge and understanding through the use of the GROW Program.



"GROW - Better Together" may be just what you need.

GROW - Better Together" meetings last

for about 2 hours and consist of an explanation of the project to new members, a Carer's Personal Story, Reports on Progress, Current Challenges, Education and Skills Development, Forward Planning and Group Assessment, followed by refreshments.

All meetings are free, confidential and no referral is required.

Group enquiries may be made by contacting 03 95282977 or 1800 558 268.

The "GROW -Better Together " Dandenong Group meets **1st and 3rd Wednesday of every month 12:30pm-2.30pm**

**Meetings commencing Wednesday 22nd October at
ERMHA
67 Robinson Street
Dandenong**

GROW-Better Together is funded by FaHCSIA