

GROW

GROW offers mutual support/self-help groups that use a consumer driven recovery program, developed over 50 years of operation. This accumulation of shared experience is today enriching the lives of many thousands of Growers, providing a unique store of understanding of what mental health is, how it is impaired and lost, and how it can be regained.

This motivating 12 Step program encourages sufferers and carers alike to face life's challenges through developing an active knowledge and application of the GROW Program.

GROW, in Victoria has some 50 groups that meet weekly in metropolitan and country regions, all meetings are free, confidential and no referral is required. A meeting runs for 2hrs and is followed by refreshments. For location and meeting times please call 03 9528 2977.

The new **“GROW – Better Together”** project is funded by FaHCSIA and offers the GROW Program to Carers of people with a mental illness.

Unlike a traditional GROW meeting, the 12 steps are not used directly as these were developed to meet the needs specifically of people with a mental illness.

The “GROW- Better Together” Project benefits from the application of the numerous insights of the GROW Program. It helps Carers to change for the better their thinking, their actions and consequently their relationships with the one for whom they care.

A “GROW- Better Together Focus Group” made up of Carers, met weekly to formulate a Meeting Structure. The Focus Group came up with a structure that allows the Carer to have an active role in each meeting, seeking to recognise the specific needs of the individual Carer and the Group.

The GROW Program is presented over 2 hours. It consists of an explanation of the “GROW- Better Together” Project for any new members, a Carer's Personal Story, Reports on Progress, Current Challenges, Education and Skills Development, Forward Planning and Group Assessment and is followed by refreshments.

All meetings are free, confidential and no referral is required. Group enquiries may be made by the contact details listed below.

The Program was launched on 08/02/08 and our first group meets on Tuesdays at 7pm at the GROW Community Centre, 707 Glenhuntly Road, Caulfield South. Further groups will be established in the Melbourne Metropolitan area, followed by groups in other areas including Ballarat, Geelong, Shepparton and Gippsland.

We welcome invitations to give a presentation regarding the “GROW- Better Together” project and/or the GROW Program and look forward to creating opportunities to work together towards meeting the needs of the Carer.

If interested in a presentation contact:

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For information regarding GROW visit our website: www.grow.net.au

