

What is the Blue Book?

The Grow Program is a rich collection of wisdom and writings that have been developed by our members.

It represents what members have found to work for them in their recovery and has evolved over time from lived experience. These writings are the cornerstone of the Grow Program and will help give you the tools for your own personal recovery.

The Blue Book also provides you with structure as you move through the program. There's a natural progression to the 12 steps and the Blue Book helps provide focus – it will become your manual to improved mental health.

We are not a religious organisation – individual spirituality varies, and we are non-discriminatory. You're welcome to use your own philosophical or religious beliefs as support. Yes, our Blue Book does mention God as an example, and written alongside is an example of an alternative for those who choose their own spiritual source of support.



Find your nearest GROW office

There's a good chance there's a GROW meeting in your community or an eGrow meeting available online.

To find your nearest GROW office, call 1800 558 268 to transfer to an office in your State or Territory.

Toll Free Information Line

1800 558 268

For more information visit

www.grow.org.au



WELCOME TO
GROW

What is the Grow Program?

GROW is a community-based national organisation that has more than 60 years' experience in developing a unique program for improving and maintaining mental health.

Grow's programs are based on lived experience meaning Grow groups are a meeting of peers, made up of people who are striving to develop and maintain good mental health.

The Grow Program is based on a 12-step program of personal growth of mutual help and support. The Grow Program is all-inclusive and draws on many principles for mental, social and spiritual health.

At each meeting, members share about how they came to GROW and how they are exploring self-improvement strategies on their road to recovery. It's not a straight road, and that's where the support of other GROW members helps - everyone in the group has opportunities to share their experiences of coping with mental wellness. You'll be motivated by the stories you hear from Growers, and you'll soon realise you're not alone.

Joining a Grow group is free - you don't need to have a referral or a doctor's diagnosis. Groups are confidential and members can choose to remain anonymous.

Grow Meetings

Our meetings take place in a safe, caring and confidential way, whether the meetings are face-to-face, or online, known as eGrow groups. Our members meet weekly and follow the Group Method.

The meetings run for about two hours and the groups vary in size from 3-10 members. We are a peer-to-peer led support group, where newer members are supported and mentored by experienced members who have worked through the Grow Program and have taken on a leadership role within the group.

At each meeting, GROW members will have opportunities to share any of their life challenges or issues, but this is your choice. Some first-time members may choose not to speak or share, and that's okay. There's no pressure.

What makes GROW so special is the practical advice and the lived experiences that are shared every week by our members, also known as Growers. This peer-to-peer style of support has been proven to be a positive way of helping you remain on the road to recovery. Meetings are free with voluntary contributions welcome.

Our eGrow Program is offered online and runs the same way as our face-to-face meetings, the only difference is eGrow takes place via video conferencing.



Knowing if GROW is right for you

We encourage potential members to come along to at least three meetings to gain a better understanding of how GROW works and whether GROW is right for you. The Grow Group is a working meeting that mutually supports people's individual recovery journey. You will need to be ready to commit to change the way you think, interact in your life and in the community.

For more information, please call **1800 558 268**.

