

ARE YOU LOOKING for support WITH mental health AND substance use disorder?

GROW House is a therapeutic community located in Narrabundah, ACT. It provides a safe place for up to five residents to work on their mental health and substance use disorders. Residents usually stay for 9 to 12 months as they develop the skills and confidence they need to function and participate in society.

The program is based on the GROW 12 Step Program of peer led mental health recovery. Residents also undertake regular exercise, participate in group activities such as a community gardening program, study and focus groups, group meals, and art groups.

As residents progress through the program, there are opportunities to enrol in study at CIT or participate in part-time/voluntary work.

GROW House is available to residents of the ACT who are looking for support with their mental health and/or substance use. No formal referral is required, although we recommend that residents have external support networks in place.

If you are interested in learning more about how GROW House could help you or someone you know please call **02 6295 7791** or **1800 558 268**.

For more information about GROW Australia visit www.grow.org.au

