

Growing Resilience

**6 - WEEK
MENTAL HEALTH PROGRAM**

OUR SERVICE:

Our program is free – patients don't need a referral or a formal diagnosis. Groups are confidential and members can choose to remain anonymous, information cannot be used in relation to family court matter.



NO COST



NO WAITLIST

IDEAL FOR WAITLISTED
BETTER ACCESS PATIENTS



NO DIAGNOSIS NEEDED



CONFIDENTIAL



CONTACT US



1800 558 268



@growau



grow.org.au

GROW | mental wellbeing programs

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ABOUT US

Our Growing Resilience program is a free, structured 6-week initiative designed to help participants build emotional well-being and practical coping skills in a supportive group setting.

We believe in the strength of community and the power of shared understanding, where members come together to learn, grow, and support one another in meaningful ways.

Together, we create a community of understanding, hope, and strength.



TESTIMONIALS

“ A shared sense of friendship and camaraderie.

This is my safe place each week to come to.

The friendships I have made in GROW. I believe GROW saved my life. Grow has a healing effect on my life.

I want to recover and help others in their recovery.”

WHY REFER?

Proven Peer Support

Our Growing Resilience program offers a structured approach to mental health recovery, empowering individuals through connection and shared experiences.

Safe and Supportive Environment

We create a non-judgmental space where participants feel heard, understood, and supported on their journey to wellness.

Accessible and Inclusive

Our free program is open to everyone and designed to accommodate diverse backgrounds and needs.

