



## **Growing Resilience**

Free online resilience building course.



## **Welcome to Grow**

Support for your mental health - online orientation session.



## **eGrow Group**

Online mental health support group based on the traditional Grow Program.



**Grow Program** - The Grow Program is a mental health support program based on lived experience. The Grow Program delivers caring peer-based support to people experiencing compromised mental health and is based on a 12-step program of personal growth, mutual help and support. Joining a Grow group is free – you don't need to have a referral or a doctor's diagnosis and groups are confidential. Grow group meetings take place weekly in a safe, caring and confidential way, and go for about two hours.



## **Get Growing**

A specialised program for school aged participants based on the Australian Curriculum that runs over 10 weeks.



## **Online Community Forum**

Providing Growers another way to connect with each other and progress recovery at any time.



## **Young Adults Program**

Encourages and supports people aged 18-35 with their mental wellbeing.

### **Grow Victoria and Tasmania**

707 Glen Huntly Rd, Caulfield South VIC 3162  
Phone: (03) 9528 2977

For more information about GROW Australia visit: [www.grow.org.au](http://www.grow.org.au)

Intentional **peer to peer support**  
**for mental wellbeing**

Support from those with  
**lived experience**

**No referral** or a doctor's  
diagnosis required

**FREE service**

Immediate **access**  
**to support group**

Make **friends and**  
**lifelong learnings**

Groups are **confidential**

**Face to face** or **online**  
meetings available

Weekly **structured meetings**

**Practical tasks and goals**

**Grow Victoria and Tasmania**

707 Glen Huntly Rd, Caulfield South VIC 3162

Phone: (03) 9528 2977

For more information about GROW Australia

visit: [www.grow.org.au](http://www.grow.org.au)