



Grow Group for Carers

Are you caring for someone who's experiencing mental health challenges?

Join us at our next Grow Group where we:

- share our experiences
- gain support, and
- increase our coping skills, knowledge and understanding.

Meetings are guided by the Grow program.

Each session includes:

- an explanation of the program
- the opportunity for a member to share their personal story
- working on the specific challenges we are facing, and using the wisdom of the Grow program to address them.

Grow Group is anonymous and confidential.

When: Every 2nd & 4th Wednesday of the month

Time: 9.30am to 11.30am

Where: MIFWA Midland Office, Level 3, 9 The Avenue, Midland

Cost: No fee, no need to RSVP, and no need to submit a referral

Contact: 9237 8900 or info@mifwa.org.au

This Grow Group is hosted by MIFWA in partnership with Grow WA with the aim to increase the capacity of carers, families and supporters to care effectively for themselves and those they support.

GROW | mental
wellbeing
programs

grow.org.au

mifwa 
supporting mental wellness + recovery

mifwa.org.au