



Darwin & Palmerston Recovery Together

A free peer education and recovery program for people who experience mental health, alcohol, drug or related issues

Recovery Together is a group-based recovery program that is run over a series of sessions. The program provides a safe and confidential space for people to develop knowledge and skills to become leaders in their recovery.

Recovery Together was developed by the NT Lived Experience Network. Programs are run by peers - people with lived experience, who have been trained to deliver the program.

Recovery Together is delivered at a comfortable pace and there are lots regular breaks. The program is fully funded and participation is **FREE**. All **resources and catering** are provided.

"Could not have asked for a better group of leaders for the group – experienced, empathetic, wise, knowledgeable, protective of us.

Everything was really relevant and supportive. I felt safe, confident, comfortable and heard.

Excellent and helpful content. Thankyou. I am so grateful for this material."

Participant of Recovery Together,
Darwin, December 2022.

"I am starting to set boundaries, know my needs, starting to believe in myself and that I am worth more than I thought I am."

Participant of Recovery Together,
Darwin, December 2022.

Palmerston Saturday program:

Info session:

10 to 11 am on Sat the 11th of Feb.

Program sessions:

10 am to 4 pm, each Sat from
18th of Feb to 18th of Mar.

Venue for all sessions:

TeamHealth, 1/5 McCourt Road.

Winnellie Wednesday program:

Info session:

1 to 2 pm on Wed the 22nd of Feb.

Program sessions:

1 pm to 4 pm, each Wed from
1st of Mar to 26th of Apr.

Venue for all sessions:




Response, 3/66 Coonawarra Road.

For more info or to register

Call: Noelene on 0423 656 284

Email: contact@livedexperient.net

Web: www.bit.ly/rt_eoi

Social media @ [livedexperient](https://www.instagram.com/livedexperient)   

About Recovery Together

Recovery Together groups are set up so that everyone feels safe. It is important to us that you feel comfortable to participate in a way that suits your needs.

Sessions are delivered at a gentle pace and there are lots regular breaks (with catering and resources provided).

If you attend **Recovery Together**, you are not required to share any parts of your story that you do not feel comfortable to. Instead, you will be supported to explore evidence-based approaches that promote your personal healing and recovery.

Recovery Together also incorporates optional activities to creatively explore recovery and what's important to you.

Recovery Together programs include the following topics:

- ❖ Understanding mental health, distress, substance misuse & the relationship between them
- ❖ An exploration of recovery and ways to support your own recovery
- ❖ Identifying your triggers and developing strategies to respond
- ❖ An exploration of values – what is important to you, now and into the future
- ❖ Understanding the Stages of Change and how to work toward lasting change
- ❖ How to effectively communicate your needs and rights
- ❖ How to 'navigate the system' and find the support you need when you need it

We asked participants:

How likely is it you would be to recommend the program?

They responded: 9.8 out of 10

"I was so afraid to come to this program and worried that I would be the odd one out and not belong.

I am so glad I pushed myself and came. It has been a huge lift to my confidence and self-worth and for the first time in years – I feel like I belong."

Participant of Recovery Together,
Darwin, December 2022.

"Loved how the facilitators knew their stuff. They brought such stable, relaxed, comfortable knowledge and safety and feelings. Just what I needed. Keen for the next step."

Participant of Recovery Together,
Darwin, December 2022.

We asked participants:

Overall how would you rate the content and activities?

They responded: 10 out of 10