



# 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 11<sup>th</sup> 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 22<sup>nd</sup> of Feb.

### **Program sessions:**

1 pm to 4 pm, each Wed from  
1<sup>st</sup> of Mar to 26<sup>th</sup> 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@livedexperiencet.net](mailto:contact@livedexperiencet.net)

**Web:** [www.bit.ly/rt\\_eoi](http://www.bit.ly/rt_eoi)

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

# 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