

Health Matters 7 workshops



Group Peer Support Program

Group support to identify what matters to you and learn strategies to support you to live a meaningful life. Explore and strengthen your wellbeing. Health Matters supports you to understand your health and find what works for you to improve your wellbeing.

Starting Thursday November 16th 2023 4.30pm to 6.00pm

Seven workshops over 9 weeks, connecting with others with lived experience to explore and strengthen your wellbeing.

Workshops begin on 16/11/2023 4:30pm - 6:00pm

ending 04/01/2024 at

Head to Health 16 Scaturchio st Casuarina



Through group sessions, you will connect with others and learn from lived experience, helping you to:

Build the confidence to make meaningful changes

Understand health and wellbeing. Lead a fulfilling and well life. Be hopeful and optimistic about the future.

Learn from experience.

A plan for wellbeing

By participating in Health Matters, you will leave with a wellness plan outlining:

Actions you can take to support your wellbeing. People and strategies to draw on when wellbeing starts to decrease. What to do if things are not going well for you.



Health Matters

Group Peer Facilitator



Sam is a highly experienced professional with a deep understanding of mental health and addiction issues, backed by personal lived experience. As a certified Peer Support worker, Sam brings a unique perspective and empathy to his role as a Senior Practice Lead for Low Intensity Mental Health Services. With a strong background in facilitating groups and designing effective programs, Sam has played a pivotal role in providing support to individuals facing mental health challenges.

QR Registration

LIHMS Group Therapy Sessions -
Registration Form (Copy)



Or Register by

Emailing your Name, Phone Number and Date of Birth to;
sam.goding@neaminational.org.au or call
Sam on 0475 287 640

Head to Health

Whether you are looking for mental health support for yourself, someone you care about, or just trying to improve your wellbeing - Head to Health is a good place to start.
HTH Centre Casuarina - 08 8914 6600
Free mental health advice and support - 1800 595 212



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Improving Mental Health
and Wellbeing