

Hope for Recovery

UNDERSTANDING THE IMPACT OF

MENTAL HEALTH & ADDICTION

ON INDIVIDUALS AND THEIR FAMILIES

WORKSHOP SERIES

Come along to our free workshop series presenting evidence-based information about mental ill-health, addiction and recovery from the lived experience perspective. Hear from Sam, Sal and Rocket, 3 x NT Lived Experience advocates, who generously share their stories of recovery, including what its like and what helps.

This workshop series is for individuals and family/kin with their own lived experience, interested community members, and professionals seeking to improve their understanding of lived experience perspectives.

Workshop #1 (duration 1 hour)

- The relationship between mental ill-health, trauma and addiction.
- The experience of individuals and families.
- Why families need support too.

Workshop #2 (duration 1 hour)

- Evidence based ways to promote recovery and healing.
- An opportunity to find out about our peer programs *Recovery Together* & *Circles of Support*



Visit our website to find out more
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2024

JUNE
JULY
AUGUST

REPEAT
SESSIONS
WEEKLY

BUSINESS
HOURS &
EVENINGS

ATTEND
ONLINE OR
IN-PERSON:

DARWIN
KATHERINE

