

THE **NT LIVED EXPERIENCE NETWORK** PRESENTS:

Growing Stronger

A FREE PEER SUPPORT PROGRAM

Take control of your mental health, alcohol or drug use and improve your wellbeing, coping and resilience

29 August - 26 September 2024

Thursdays | 5:30 - 8:30pm

Delivered over 5 weeks

Led by trained peer workers - people with their *own* lived experience

Become part of a growing community of people determined to live their best life

Connect in a safe and confidential space, free of judgement & stigma

Build skills to better manage your health and wellbeing, including how to respond to triggers

Learn helpful strategies through discussions & activities. Have fun while you do!

Register your interest on our website:

www.livedexperiencenet.net

For **more information or assistance**:

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