

GROW

Free Program

Depressed, Anxious, Isolated? Don't suffer alone!

Grow offers a FREE program of personal growth, support and friendship.

Grow is a community for mental health and wellbeing and helps people to recover from and prevent mental illness. Grow also helps people to avoid isolation by building new friendships and social contacts through coffee meetings, friendly monthly socials and live-in weekends throughout the year. Essentially Grow is a caring and sharing community of people who are using a proven, structured program to help each other overcome problems, develop enduring friendships and grow towards maturity.

To find out more phone Grow on 9228 1411 or come to the Butler Grow Group at the Butler Community Centre, Fridays 10am – 12pm.