



# GROW

mental  
wellbeing  
programs

Commencing June 2

# Growing Resilience

SCAN ME



A six-session course giving you the tools  
you need to grow your resilience and  
cope with adverse life events.

Grow Australia is coming to Romsey Neighbourhood House and will offer their GROWing Resilience program, a first for the Macedon Ranges.

The philosophy behind the program is that *no situation is unmanageable, only thoughts, feelings, and actions can make our lives unmanageable. By learning how to regulate our thoughts, feelings, and actions, we learn to build resilience and cope with any situation.*

The Growing Resilience peer-to-peer six week program, developed by the GROW team, leaders in wellbeing program's for mind health, is designed to provide those who attend tools to help improve mental health and build resilience in times of high distress brought on by life events.

### Program Details

- Six weekly sessions, each up to 60 minutes long followed by morning tea
- No Cost, you'll be provided with a workbook which will help guide you through each session.
- An experienced facilitation to support you and your group.

To express your interest or find out more:

Email the Grow team on: [vic@grow.org.au](mailto:vic@grow.org.au) or Phone: 1800 558 268 or contact us at Romsey Neighbourhood House on 5429 6724 for more information

**REGISTER**  
**1800 558 268**

