

## Testimonials from Members:

*"Mind Works Geelong provides me with a place I can feel myself without having to put on a mask"*

*"There should be one of these services in every city."*

*"I felt so lost before I found Mind Works."*



284 LaTrobe Terrace (cnr Raglan St),  
Newtown, Victoria, 3220.

Phone: 03 5222 5999

Fax: 03 5224 1862

E. [info@mindworksgeelong.org.au](mailto:info@mindworksgeelong.org.au)

[www.mindworksgeelong.org.au](http://www.mindworksgeelong.org.au)



## A.B.C. PROGRAM



HELPING TO MAKE A BRIGHTER TOMORROW

## Balance Your Mental Health

I wonder how you would feel if you knew that your money issues were managed, that your weight was in the healthy zone and that you were active and involved in projects most days. Our individualized program focuses on managing:

### 1) Activity levels

### 2) Budgeting

### 3) Calorie intake

Mental health professionals and experienced peer workers can assist you to understand, manage and move on with your lives.

## This is Your Recovery

Based on sound recovery principles Mind Works (formally known as the Geelong Mood Support Group) has for over twenty years been an integral part of promoting and supporting good mental health practices in the Geelong region. We believe social activity combined with practical support, knowledge and understanding are critical in a person's recovery. Whether you have a priority for social connection or specific mental health education Mind Works can cater to your needs.



We understand the pressures that the lack of money can have on a person and we know that coordinating a weekly outline of your activities, including what you eat, is paramount to good mental health.

We can help you take control back, help you identify and work within what is often a very tight situation. The program can assist you to build your life around these three areas which will increase your sense of self, ease anxiety and increase belief in yourself.

Spending one hour a week with one of our Real Life Advocates (R.L.A) to manage your future could be just the tonic you are looking for.

Please ring us 10am to 5pm Mon - Fri to discuss your needs.