

## 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."*



## RECOVERY INFORMATION



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HELPING TO MAKE A BRIGHTER TOMORROW



## Balance Your Mental Health

Good mental health consists of balancing your emotions and thoughts with your activity levels (behaviour).

At Mind Works Geelong you will engage with others who have experienced mental health issues and been able to manage their lives.

Programs are designed to engage, encourage and support members to live well in today's society by developing your strengths,

supporting your recovery, in your community. 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 Geelong (formally 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 Geelong can cater to your needs. We are very keen to involve family and carers in understanding that Recovery is a personal journey that requires a combined effort.

## 5 Tiered Specialist Programs

Specifically designed programs can be tailored to your need. From social engagement to therapeutic interventions, Mind Works, has

scope to incorporate a model suitable to you. Practical budgeting and cooking skills can be developed alongside psychologically aimed services. Develop resilience, reflective strategies and new ways to view your health and the environment you live in.

These strategies will assist you to control your life in our often hectic society. Positive self regard can be fostered within an environment that accepts diversity and individuality.

