

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."



SIMPLE SKILLS FOR DELICIOUS MEALS



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HELPING TO MAKE A BRIGHTER TOMORROW

Balance Your Mental Health

A healthy lifestyle starts with what we put in our stomachs and Mind Works Geelong can provide interested individuals with skills to become healthier and wiser in their culinary choices.

Better nutrition will have positive affects on ones mental state, and while you are doing that you will share knowledge and grow friendships in our caring environment. Mental health professionals and experienced peer workers can assist you to under stand, 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.

In our modern society we believe meal time is just as important as it was in a time well past when hunting and gathering were our main activities. Meal time is a time to share and connect to others; a time to eat healthy and be healthy; a time to relish the wonderful flavours available to us today.

There is such a huge variety of foods available and yet we often restrict ourselves to what we know. This program can help you explore new alternatives and cheaper ways of eating delicious meals.

Activities start at 11am every Tuesday, Thursday and Friday where you will gain better knowledge of foods and better ways to enjoy an important part of your day.

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

