



Grow Groups - Mental Health Support (Grow)

Street Address

Cnr Baxter St and Davey Street, Frankston VIC 3199

Phone

1800 558 268

Email

national@grow.org.au

Website

<http://www.grow.org.au/>

Eligibility Criteria

Grow is a peer support group for those with mental health issues. To join the groups there is no referrals or appointments necessary.

Hours

Every Monday at 1:00pm - run for 2 hours

Service Description

Provides a place for young people who are experiencing mental health issues to go and meet with a group of people going through similar issues to build mutual support and personal development. Grow founders have first-hand experience of mental illness. Also provides a place to share knowledge and wisdom gained in helping each other to overcome life's challenges and recover from mental illness. Meetings give an opportunity for everyone to get involved in group engagement activities, discussions, interactions, and readings. Grow Groups are held at the St Francis Xavier Catholic Church in Frankston.

Costs

No cost - donations accepted

Service Type

GROUP

Service provider

Grow Victoria - Mental Health Support services

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2016-03-02 05:51:18

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2016-03-15 08:13:30