

medicare

Mental Health Centre Campbelltown

Check out our groups starting in November

Strength in Diversity

The Strength in Diversity group is a supportive space for people who identify as neurodivergent to connect, share, and build skills; focusing on self-understanding, wellbeing, and embracing individual strengths. Strength in Diversity will be starting Friday 7th Nov 12pm- 2pm

The Lived Experience Lounge

The Lived Experience Lounge is a peer facilitated and participant-led peer support space where people with a lived experience of mental health distress can connect, share, and build hope, resilience, and a sense of belonging. The Lived Experience Lounge will be starting Monday 3rd Nov 12pm- 2pm

The Healing Palette

The Healing Palette promotes wellbeing through art and creative projects helping participants express emotions, build resilience, and connect with others in a safe space. The Healing Palette will be starting Wednesday 5th Nov 12pm- 2pm

Groups will be starting on Monday 3rd November and running weekly
Free for all clients of Campbelltown MMHC to attend
Light refreshments, tea and coffee will be provided

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Campbelltown



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