

Do you live in the Northern Beaches and Lower North Shore region?

If so, you can attend a series of free internationally recognised Recovery workshops

People with lived experience of mental ill-health face real challenges. Many become confused, distressed and overwhelmed. PeerZone aims to increase awareness about the various aspects of recovery, improve the management of symptoms by non-medical means, reduce dependency on services and improve social connections.

If you want to take ownership of your recovery journey and learn how to get the best out of mental health services, then PeerZone is right for you.

Workshops will be held every fortnight till the end of June at **Hercules House, 51 Hercules Street, Chatswood.**

Our next workshop will be on **Finding and Keeping Work.** This workshop will run on **Friday 22 April, 11am-2pm.**

A light lunch, tea and coffee will be provided.

To attend, or for further information about the workshop, please contact Bè at bani@mhwdc.com.au

To find out more about PeerZone, go to: www.peerzone.info

This workshop is funded and supported by



Peer-led workshops
in mental health
and addiction

PeerZone

Shared learning for wellbeing

www.peerzone.info