



Grow Support Groups meet Weekly in Rocky and Yeppoon;
Mental and emotional health support.

Grow meetings are based on the learned experience of people who have come through significant mental and emotional challenges to a healthier and happier life. They provide personal development, acceptance, encouragement, friendship, inspiration, and mutual support for participants.

Some of the problems Grow has helped people to manage are depression, anxiety, relationship breakdown, isolation, grief, addictions, stress, compulsions and diagnosed mental illnesses. People using the program over time describe a more connected, resilient, meaningful and happier life

**Rockhampton Day Group: meets every Tuesday at 1pm to 3pm at
Community Health, 82 Bolsover Street. (front entrance) Rockhampton.**

**Rockhampton Night Group (starting 2nd May): meets every Tuesday at 6.30pm to 8.30pm at
Community Health, (Rm 2) on the corner of Bolsover and Cambridge st (side entrance). Rockhampton.**

**Yeppoon Group: meets every Wednesday at 6.30pm to 8.30pm at
Community Development Centre, John St in Yeppoon**

Website: www.grow.org.au Also Grow Qld is on Facebook.

Please Ring 0408 577 403 or 0413 449 008 for further information



Grow recovery group meeting weekly in Rocky and Yeppoon;
Mental health support that extends beyond business hours.

For over 50 years, Grow members have been paving the way for recovery from mental illness by documenting their personal experiences of recovery from mental and emotional problems. Their consensual knowledge has been captured in the literature used by Growers at the weekly group meetings. The meetings provide acceptance, encouragement, friendship, inspiration and mutual support for participants.

Some of the problems Grow has helped people to manage are depression, anxiety, relationship breakdown, isolation, grief, compulsions and diagnosed mental illnesses. People using the program over time describe a more connected, resilient, meaningful and happier life.

A Grow group is meeting **every Wednesday at 6.30pm**
Community Development Centre, John St Yeppoon

Please ring **0408 577 403** for any further information.

Carers and service providers are welcome to attend a meeting as a community visitor.