

Discovery

Mental health peer learning



Wellways Discovery is a transformative peer learning program for anyone with a lived experience of mental health challenges, or supporters of people who do, seeking the best life possible for themselves and their families.

This five-session program provides a welcoming space and invites participants into discussions and activities to explore personal wellbeing, strengthen relationships and understand what is within and outside of their control.

You are invited to register your interest for the program:

Time/dates:

Location:

Contact:

Program type:

Cost:

Wellways supports people to participate and welcome discussions on how to address your needs.

wellways

wellways.org | 1300 111 400



Wellways respectfully acknowledges the traditional custodians of the lands and waters of Australia. We are committed to inclusive communities.