



Parent Trail One



A free 10 week creative group for parents living with a mental illness
This is a collaborative group co-facilitated by Kyabra Community
Association Inc. and Metro South Addiction and Mental Health

This course will be offered for 10 weeks during Term 2:

23rd April to 25th June 2019

Tuesdays, 10:00 am to 12:30pm

If you are interested in joining this group please contact:

Kyabra Intake on 07 3373 9499 OR

KOPMI Co-ordinator, MSAMHS on 07 3089 4130

**The group will be held Kyabra Community Association,
Kyabra Street, Runcorn**

This group will offer parents the opportunity to:

- Hear and share other peoples stories of parenting
- Receive input and reflections from a group
- Use art, creative writing, music and discussion
- Explore your parental picture and enhance your particular style of parenting
- Create a personal safety first aid kit for you and your family
- Join with others to have fun and relax

Participants are required to attend an initial meeting with the facilitators prior to enrolling in the group. Once you have booked a place with Kyabra Intake please call Trish to arrange a meeting with the facilitators on 07 3373 9499



Funded by



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Office of Early Childhood
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