



# Parent Trail 1 2022

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

**This course will be offered for 10 weeks.**

**Tuesday 12th July to Tuesday 13th September**



**10:00 am to 12:30 pm**



**The group sessions 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 when living with mental health issues and share your experiences
- 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 facilitator will call to arrange a meeting with you.

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

Funded by



Australian Government  
Department of Social Services



Office of Early Childhood  
Education and Care

Metro South Addiction and  
Mental Health Services