



LIFE LAUNCHPAD

Peers building skills and supports to live equal, empowered lives



**FREMANTLE PARK,
SPORT AND COMMUNITY CENTRE
36 ELLEN STREET**

Life Launchpad aims to support people with mental health concerns to live a happy and meaningful life.

Life Launchpad will be running FREE workshops

Every Thursday from 10am - 12pm

Commencing 27th March *

Topics include:

Self-awareness, Communication, Overcoming Barriers & Supports, Self-esteem, Sharing with Purpose and Setting Boundaries, Wellbeing, Setting and Achieving Goals, Mindfulness, Speaking Up for Yourself and Recovery Planning.

Come along have a cuppa and chat with people who know how it feels to live with mental health challenges. We will work together to build knowledge, skills and confidence in our recovery.

PLEASE CONTACT: CoMHWA for more details

admin@comhwa.org.au (08)9258 8911

***Workshop will not run on the 17th April and 8th May**

NO OBLIGATION TO ATTEND ALL 10 WORKSHOPS JUST COME ALONG WHEN YOU CAN

