

Facilitators	Chris & Kirsty
Venue	TeamHEALTH Damibila Room 5 McCourt Road Yarrowonga (Palmerston)
Format	Two sessions per week, Tuesday & Wednesday Evenings
Participation	Men and Women
Cost	Free
Information Sessions	<p>An opportunity to find out more about My Recovery and the peer learning model before submitting an Expression of Interest if you are unsure if the program is right for you.</p> <p>Option 1: Tuesday, 19th of January 2021, 7 pm to 8:30 pm Option 2: Wednesday, 27th of January, 7 pm to 8:30 pm</p> <p>To RSVP</p> <p>Contact: Noelene Armstrong Phone: 0439 100 360 Email: plepproject@ntmhc.org.au</p>
My Recovery Session Dates and Times	<p>Tuesdays and Wednesdays from 7 pm to 9 pm</p> <p>Session 1 - Tuesday, 2nd February 2021 Session 2 - Wednesday, 3rd February 2021 Session 3 - Tuesday, 9th February 2020 Session 4 - Wednesday, 10th February 2020 Session 5 - Tuesday, 16th February 2020 Session 6 - Wednesday, 17th February 2020 Session 7 - Tuesday, 23rd February 2020 Session 8 - Wednesday, 24th February 2020 Session 9 - Tuesday, 2nd March 2020 Session 10 - Wednesday, 3rd March 2020</p> <p>To Apply</p> <p>Email a completed <i>Expression of Interest</i> Form for the Tuesday & Wednesday Evening Program beginning on Tuesday the 2nd February 2021.</p> <p>OR Complete the online <i>Expression of Interest</i> Form</p> <p>OR Phone the Project Officer.</p> <p>Contact: Noelene Armstrong, Project Officer Phone: 0439 100 360 Email: plepproject@ntmhc.org.au Website: www.bit.ly/DarwinPLEP</p>

About My Recovery

My Recovery is a peer led education and support program for people living with mental health challenges or alcohol and other drug issues. The program is led by peers – people with their own lived experience of mental health challenges (or alcohol and other drug issues) and recovery. The peers have been trained to facilitate the My Recovery program and use their experience in a safe and meaningful way.

My Recovery provides a safe and confidential space for participants to explore recovery and build skills to promote their long-term mental health and wellbeing. The My Recovery evening program includes 13 modules, that are delivered over 10 x 2-hour sessions.

Session 1	Module 1: Recovery, Hopes and Dreams Module 2: Peer Support
Session 2	Module 3: What is Mental Illness Module 4: Mental Illness and Identity
Session 3	Module 5: Understanding and Resisting Stigma
Session 4	Module 6: Whole Person Health Model
Session 5	Module 7: Approaching Recovery
Session 6	Module 8: Relapse
Session 7	Module 9: Communication
Session 8	Module 10: Stigma and Discrimination Module 11: Meaningful Occupation
Session 9	Module 12: Goal Setting
Session 10	Module 13: Recovery, Hopes and Dreams

Each participant receives a logbook which captures the program content and importantly provides activities for participants to explore and reflect on their own personal recovery during the program.

There is no charge to attend My Recovery and the program is open to anyone who is over the age of 18 and has an experience of mental health challenges, trauma or alcohol and other drug related issues.

Information sessions are scheduled before each of the scheduled My Recovery programs begin so that interested people can find out more about the program and peer learning model before formally applying. The program website also contains a lot of information including videos and testimonials.

Applications to participate in My Recovery can be made by

1. Completing the online Expression of Interest on the website
2. Emailing a completed Expression of Interest to the Project Officer
3. Calling the Project Officer to provide your details over the phone.

For more information, visit the website at www.bit.ly/DarwinPLEP, or contact

Noelene Armstrong
Project Officer
NT Mental Health Coalition
Email: plepproject@ntmhc.org.au
Phone: 0439 100 360