

My Recovery

Wednesday Afternoon Program

Facilitators	Noelene & Leah
Venue	Nightcliff Community Center, 18 Bauhinia Street, Nightcliff
Format	One session per week, Wednesday afternoons
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>To book a time for an information session:</p> <p>Contact: Noelene Armstrong Phone: 0439 100 360 Email: plepproject@ntmhc.org.au</p>
My Recovery Session Dates and Times	<p>Wednesday Afternoons from 12:45 pm to 4:00 pm</p> <p>Session 1 - Wednesday, 21st of July 2021 Session 2 - Wednesday, 28th of July 2021 Session 3 - Wednesday, 4th of August 2021 Session 4 - Wednesday, 11th of August 2021 Session 5 - Wednesday, 18th of August 2021 Session 6 - Wednesday, 25th of August 2021 Session 7 - Wednesday, 1st of September 2021 Session 8 - Wednesday, 8th of September 2021 Session 9 - Wednesday, 15th of September 2021</p> <p>To Apply</p> <p>Email a completed <i>Expression of Interest</i> Form for the <u>Wednesday Afternoon Program</u> from July to September.</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 program includes 13 modules, that are delivered over 9 x 3-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
 Module 6: Whole Person Health Model

- Session 4** Module 7: Approaching Recovery

- Session 5** Module 8: Relapse

- Session 6** Module 9: Communication

- Session 7** Module 10: Stigma and Discrimination
 Module 11: Meaningful Occupation

- Session 8** Module 12: Goal Setting

- Session 9** 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