

# Peer Support Community Activities Group May - July 2015

## Peer Support Community Activities Group February – April 2016

Community Health

Peer Support Community Activities Group announces the following programme for the May - July 2015 period

## Peer Support Community Activities Group November 2015 January 2016

Knox Social and Community Health

The KSCH Peer Support Community Activities Group announces the following programme for the May - July 2015 period

KSCH Peer Support Community Activities Group announces the following programme for the period February – April 2016

Monday Mandalas  
 Tuesday About the Book  
 Wednesday Innovation Lab  
 Thursday ACT – Where do I fit in?  
 Friday Transformation  
 Saturday HOPE Painting  
 Sunday General Discussion and Check In  
 Closed  
 What's On TED TV?  
 An Autobiography in Five Chapters  
 Dietetics and Nutrition  
 Butterflies and Preparing for Celebrating Recovery  
 Celebrating Recovery Review

10.30am—12.00pm at the Courthouse venue  
corner Spring & Station Streets, Ferntree Gully

Open to people who have seen or are seeing our  
Alcohol, Tobacco and Other Drugs counselling team

For more information, contact Steve Adams, Peer Support Worker  
or [steve.adams@each.com.au](mailto:steve.adams@each.com.au)



SMART Recovery Explained  
 Tea N Talk – Volunteering  
 Dog Day Afternoon (& BBQ)  
 Angry Birds and Other Things  
 Feedback Forum  
 SMART Recovery in Action  
 Mantra Art  
 Sober Diaries  
 Tea N Talk – What is Addiction?  
 Community & Neighbourhood Houses  
 Movie & Popcorn  
 Forest Walk  
 Resilience – What is It & How do I Get It?  
 Tea N Talk – Drama Triangles and the lost Child

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9757 6276 or [steve.adams@each.com.au](mailto:steve.adams@each.com.au)



6 November	Shame and Vulnerability – Brene Brown
13 November	Synthetic Marijuana and Moral Panic
20 November	Round the Table
27 November	Planning the Christmas BBQ
4 December	Origami Art
11 December	Coping with Christmas
17 December	ATOD Peer Support Group Christmas Barbeque
18 December	Dog Day Afternoon
25 December	Closed
1 January	Closed
8 January	Where were we?
15 January	The Happiness Trap
22 January	Resilience – What is It & How do I Get It?
29 January	Tea N Talk – More on Drama Triangles

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