

# BATHURST GROWTH ROOM



## WHAT IS A GROWTH ROOM?

A **FREE & CONFIDENTIAL** space for blokes supporting other blokes through the challenges of life. Lead by trained members of ***your local community*** with shared and lived experience. A chance to have a cuppa, a yarn, blow off some steam and check in with the other fellas. A Growth Room is your chance to work towards better mental health and an improved quality of life.

To register go to:

[www.lifelinecentralwest.org.au/growthrooms](http://www.lifelinecentralwest.org.au/growthrooms)

contact us for more info: **1300 798 258**

Scan the QR code to register

## WHEN?

**FIRST MONDAY  
of every month  
6 – 8pm**

## WHERE?

Upstairs Co-working space,  
Level 1, 203-209 Russell  
Street, Bathurst

## COST?

Its 100% free