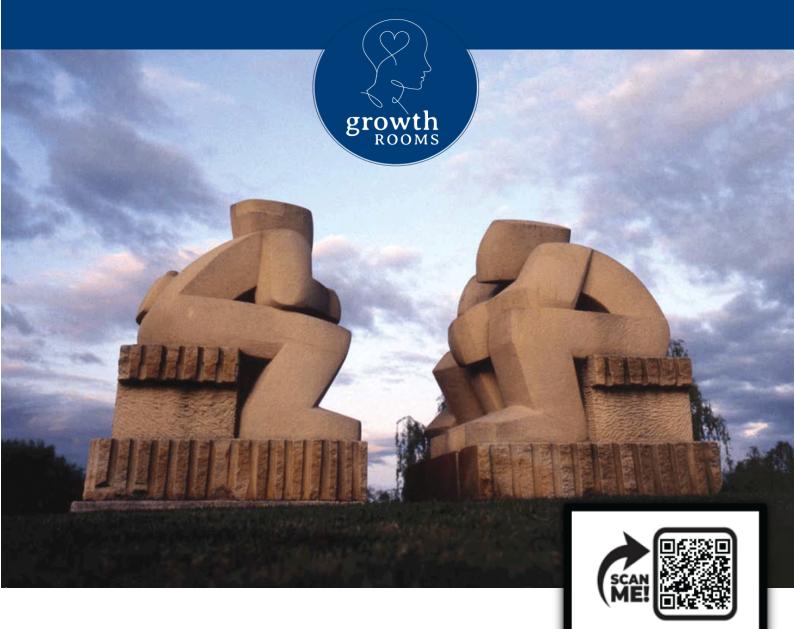
BATHURST GROWTH ROOM



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

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