One DOOR Mental Health

FOOD BODY IMAGE & SENSE OF SELF

PEER-LED SUPPORT GROUP

CO-DESIGNED WITH LIVED EXPERIENCE

WHO IS IT FOR?

- Adults 18+
- Can engage in a group setting, face to face
- Self-identified challenges, no diagnosis or referral needed

WHAT'S IN IT FOR YOU?

- Self-compassion
- Belonging
- Connection
- Self-awareness
- Enhanced support ecosystem

WHAT TO EXPECT

- Trauma-informed interactive conversation
- Facilitated by peers with lived experience
- Small groups, face to face
- Inclusive and accessible

THE DETAILS

- 10 week program
- 1 x group meeting per week
- 60 - 90 minutes
- Held in 'The Listening Room' Level 3, 171 Queen Street, Campbelltown, NSW

SIGN UP!
Call: 1800 518 216
Email: reception@onedoor.org.au
Scan QR code: leave your name and phone number