



*This is my
Reality*



Geelong Bipolar Support Group

Living, learning and laughing with Bipolar

You don't have to face bipolar alone!

We're a peer led mutual support group for people living with bipolar

Both our experienced facilitators, Nicci & Daniel, have bipolar themselves.

We aim to:

- Provide an opportunity for people living with bipolar to connect with others sharing similar experiences, in a safe, non-judgemental environment.
- Share strategies for stabilising moods and thriving with bipolar.

Meetings start 6:30 pm promptly, to 8:30 pm at Mind Works, 284 Latrobe Terrace, Newtown (park in Raglan St).

First 50min is an open discussion session, tea break, followed by a 50min educational topic.

We meet on the 4th Tuesday January thru November & 3rd Tuesday in December
(To allow for a pre-Christmas meeting).

You don't need to register – simply turn up on the night!

Want to receive a text reminder on the day? Please email your name & mobile number.

For more information call Mind Works on 5222 5999 or email nicci@thisismyreality.com.au