



# Geelong Bipolar Support Group

*Living, learning and laughing with Bipolar.*

**27<sup>th</sup> June 2017 Meeting – 6:30 to 8:30pm**

**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.

Our June 27<sup>th</sup> meeting starts 6:30 pm promptly, to 8:30 pm at Mind Works, 284 Latrobe Terrace, Newtown (park in Raglan St).

Following our open discussion session, Nicci & Daniel will provide overviews on 'SMART Goals & 'B Goals'.

In 2017, we meet on the 4<sup>th</sup> Tuesday January thru November and 3<sup>rd</sup> Tuesday in December; 6.30 to 8.30pm.

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

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

For more information call Mind Works on 5222 5999 or email

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