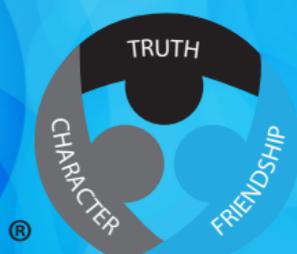




“You alone can do it, but you cannot do it alone”.

GROW in North of Ireland is part of a World Community Mental Health Organisation founded in Australia in 1957. Working in the area of mental health for over **fifty years** GROW has developed a unique Program for mental health and wellbeing.



GROW

World Community
Mental Health Movement
in North of Ireland

GROW Groups are community based, promoting prevention as well as recovery from mental illness, through a unique 12th step program.

How we do it?

A practical plan!

By a personal development plan unique to each individual member achieved through small steps over time. Unhelpful habits are replaced by better habits of thinking, acting and coping. This results in better living and mental wellbeing, new friendships, interests and skills.

What do we do?

Groups provide a sense of belonging, providing mutual support and friendship. Members through their own experience share their stories and encourage development of personal responsibility. GROW provides support to those recovering from mental illness as well as prevention of mental ill-health. It works to promote wellbeing, good mental health and reduce stigma.

Who is it for?

Those over **eighteen**, there is no upper age limit. Meetings are ongoing with members professionally or self-referred. No introductions necessary. GROW Meetings range from **3-10 members**, meet weekly for **two hours**, are free but request a small secret voluntary donation to cover refreshments.

GROW in North of Ireland's Mission:

'to empower people to achieve recovery, to live the life of their choice to its fullest potential, to advocate for justice, inclusion, full health rights, dignity of the person and reduction of stigma.'

Contact: 07849926218 or 07543558341

Email: growinni@gmail.com

Meeting: Monday 2-00 p.m. to 4-00 p.m., except bank holidays.

Venue: Ballybot House, 28 Cornmarket Newry,

Registered Charity Number: XT36657

Disclaimer: GROW in North of Ireland does not provide specific or individual medical advice. Meetings should not be used as a substitute for seeking professional care in the diagnosis and treatment of mental health disorders. Members are urged to follow their medical practitioner's advice.

