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## About the programs

All the programs are free, but you will need a referral from your case manager to attend.

The programs are facilitated by highly trained staff, such as psychologists, occupational therapists, social workers and mental health nurses.

Group programs have strict rules regarding confidentiality and over-sharing of information.

They often include fun, interactive activities to foster learning and are a great way of accessing support and meeting new people.

All groups abide by COVID-safe practices.

## Contact us

Group therapy programs are held at:

- Gailes Community Care Unit,  
6 Baker Street, Gailes
- Goodna Community Health  
81 Queen Street, Goodna
- Ipswich Health Plaza,  
21 Bell Street, Ipswich

Ask your treating team about a referral, and for group days and times.

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