



## Get out for Good

### Supporting people recently released from prison

**Being released from prison can be a time of confusion, frustration and stress.**

**The Get out for Good program provides community and connection.**

**Where:** Madge Vinnell Centre (behind the Anglican Op Shop) Anzac Street, Moe

**Day:** Tuesdays

**Time:** 10am – Midday

**Cost:** Free

Call in for a cuppa in a safe, and stress free environment where you can talk with others who understand what you are going through.

**Participants say the difference Get out for Good can make:**

*"A place to reclaim life after prison"*

*"Cake, coffee and company without judgement"*

*"Helping me to be free and cope better day to day."*

**For information phone or text:**

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