



Pathways to Resilience

Peer-Led Support Group

Each week we will explore topics such as self-care, healthy boundaries, community connections, safety, healing, and letting go and moving on.

Who is it for:

Residing in Casey, Cardinia, or Dandenong region.

For external referrals, please attach existing MARAM and safety plan (if available).

Dates	July 23 – August 27, 2026
Day & time	Thursday's, 12.00 PM - 2.00 PM
Duration	6 weeks
Location	Each – 5/66 Victor Crescent, Narre Warren



Contact us

To enquire about participating, please email Gull or Andrea

andrea.mijac@each.com.au or
gull.shahzad@each.com.au

