



Blossomproject is now taking referrals

Come and try sessions in January 2010 ...

"It is estimated that 30% of girls aged 16-24 have experienced a mental illness within the past 12 months, with anxiety and depression being the most common."

Blossomproject is a program specifically designed for young women aged 16-25 who experience anxiety and depression.

Fundamentally, Blossomproject is a program designed to empower young women with anxiety and depression, by helping them to build skills, resilience, confidence and gain independence. It aims to ensure, they make the most of their unlimited potential.

We are running 3 'come and try' sessions in Cheltenham in January with the program commencing in February 2010.

January sessions:

Thursday January 14: 2-4pm
Thursday January 21: 2-4pm
Thursday January 28 2-4pm

Referrals:

To make a referral or find out more about this exciting project, please call or email us:

blossomproject@reachout.org.au
Or phone: 9585 5677

Blossomproject is an initiative of Reach Out Mental Health. Reach Out Mental Health. (Reach Out) is a community based not-for-profit organisation which provides quality services, information and support to people affected by mental illness; be they users, carers, friends, family and the community.

