

# Men's Recovery Group

Men's Recovery Group provides peer support for men experiencing Mental Health, Alcohol and Drug or other issues including gambling, relationships, and dealing with anger.

The Men's Recovery Group is a peer lead, supportive, nonjudgmental group and provides an opportunity to gain a connection with others who have lived experience of their own (MH/AOD).

These groups provide a place to be heard and for you to feel understood by people who may have experienced similar experiences and success in their recovery journey.



## Men's Recovery Joondalup

Thursdays 12:30—2:00pm

Term 3 Starting July 18, 2024

**No Appointment necessary**

[luma.org.au](http://luma.org.au)

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