



LIFE LAUNCHPAD

CoMHWA



Peers building skills and supports to live
equal, empowered lives

PATHWAYS SOUTHWEST

Life Launchpad aims to support people with mental health concerns to live a
happy and meaningful life.

Life Launchpad will be running **FREE**
workshops

Every Tuesday from 1pm- 4pm

Commencing Tuesday 13 June 2023
with **SELF -AWARENESS**

Getting to know yourself; your strengths; what is important to you and how this
influences your life.

Further workshops will cover:

Communication
Overcoming Barriers
Supports
Self Esteem

Wellbeing
Goals
Mindfulness
Speaking up for yourself
Recovery Planning



Chat with people who know how it feels to live with mental health
challenges and we will work together to build knowledge, skills and
confidence in your recovery journey.

Please phone Jenny Dean at Pathways
Southwest on 9791 1257 if you would like to register for the program