



FRIDAY WELL-BEING

WELL-BEING
SUPPORT PROGRAM



SUPPORTED BY



Lifeline
MID COAST

What is Friday Well-being?

Our Friday Well-being Group is a relaxed, peer-led drop-in group held weekly for anyone connected with Lifeline Mid Coast.

It offers a supportive space to check in about your week, connect with others with shared lived experience, and take some time for yourself.



**Everyone is welcome!
Come just as you are,
whenever it feels right for you.**

Ways we connect

Each week offers something a little different. In-office sessions may include arts and crafts such as painting, colouring, and creative activities, as well as themed catch-ups for occasions like Christmas, Easter, and Valentine's Day.

We also organise outings based on group interest, which may include trips to the beach, op-shopping, or going out for a coffee together.

Please reach out to Lifeline Mid Coast for more info:



02 6581 2800



lifelinemidcoast.org.au

For more information email **admin@lifelinemidcoast.org.au**