

07.04  
2016

## My New Life Group

*An information and social group  
for people with a disability.*

### Life with a new disability can be daunting.

Where can you go to get the support you need?  
What resources and opportunities are available in your local community?  
How do you meet others in the same situation?

The **My New Life Group** consists of 6 sessions to help you get your new life sorted in your community. Learn what social support, health services and other fantastic opportunities are available in your own community to help you live well.

Each session will cover a different topic including local information and resources in relation to:

- Home modifications and equipment,
- Community support services,
- Getting out and about,
- Recreational ideas and organisations,
- Dealing with your new financial situation,
- Parenting and relationships with a disability.

**For more information about this group, or to book your place contact us on 1300 77 33 52.**

**Time:** 10:30am – 12:30pm

**Where:** Nexus GP SuperClinic  
7-11 High Street, Wallan

**Cost:** This group is free.

**Group Dates:**

1<sup>st</sup> June 2017  
6<sup>th</sup> July 2017  
3<sup>rd</sup> August 2017  
7<sup>th</sup> September 2017  
5<sup>th</sup> October 2017  
2<sup>nd</sup> November 2017

Information

**This group is inclusive of all community members. If you have specific access needs, please let our team know.**

**For more information about this group, or to book your place please contact us on 1300 77 33 52**