

# 20-WEEK PEER DISCUSSION AND ACTIVITY PROGRAM

## SUPPORTING WORKSAFE'S SOCIAL PRESCRIBING INITIATIVE

The Journey Forward –  
Dedicated to supporting  
Police and Emergency  
Services Personnel improve  
their health and wellbeing



### WHAT'S INSIDE THE PROGRAM

- A community of extraordinary people supporting each other on their Journey Forward
- Interactive peer discussions and fun, engaging activities.
- A strengths-based approach focusing on personal growth, social connection, and physical and psychological well-being.
- Facilitated by experienced Police Veterans and an Accredited Social Worker.
- A safe space for self-discovery and goal setting.
- Guest presenters discussing alternative treatment options and all things mental health.
- Ideal for improving health, building social connections, enhancing life satisfaction, or returning to work.

### HOW CAN THE PROGRAM ASSIST YOU

The Journey Forward provides a safe space for participants to connect with like-minded individuals, explore new paths to well-being and envision ways to move forward. Our program is designed to complement existing psychotherapies and help individuals achieve their goals, whether it's improving physical or psychological health, building social connections, enhancing life satisfaction, or successfully returning to work. There's something in it for everyone.

- Cost of 20-week Program: \$500 (Workcover funding available – contact Cleve or Dave for more information)
- Program start date: 2nd February 2024
- Scan the QR code for more info and access to the referral forms.

\*\*Discussion and activities held fortnightly on Fridays at 10am at the Longbeach RSL in Chelsea  
(Discussion groups limited to 12 participants / Activity numbers, times and locations may vary).



Contact Cleve or Dave to find out more and register to be part of this inspiring program

- Cleve (0448 325 641)
- Dave (0490 344 638)



[www.thejourneyforward.com.au](http://www.thejourneyforward.com.au)