



Morno's at VVCS

Retreats, Rehabilitation Programs and Local Services

North QLD has many hidden getaway locations for a bit of R&R. Let's get together and share our collective knowledge of what is available in our own back yard.

As an introduction to this topic, we have arranged for a short presentation on the peer support based program, Trojan's Trek. This is a wilderness based peer support intervention, designed to assist service and ex-service personnel who have been adversely affected by their service.

To round things off, we will also look at the local support services available in the Townsville and NQLD region.

Once the talking is over feel free to stay behind for a coffee and a chat. Anyone can attend, all we ask is you RSVP so we can confirm numbers for catering and chairs.

When: Wednesday 1st August 2018 at 9am to 11am

Cost: Free

Where: Mates4Mates, Townsville Family Recovery Centre, 40 Anne Street, AITKENVALE QLD 4814

Who: Anyone with an interest in supporting the wider ADF community and/or their families

How: Call Tim or Andrew at VVCS during normal business hours to register to attend on **07 4723 9155** or email **vvcsnorthqld@dva.gov.au**

Morno's at VVCS Townsville – Up Next

Date	Time	Agenda topic
<i>September</i>		
5th	9am - 11am	Employment Programs & Upskilling
<i>October</i>		
3rd	9am - 11am	Goal Setting – Be SMART about things
<i>November</i>		
7th	9am - 11am	Drug Abuse/Misuse
<i>December</i>		
5th	9am - 11am	Communication Techniques

1800 011 046

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