



AMPLIFY ABILITY

Increase Your Wellbeing and Self Confidence

Amplify Ability is a new six-month program for anyone aged 18 years or older and from a migrant or refugee background, looking to:

- Set and achieve personal and social goals
- Develop key life skills and make new connections
- Improve emotional health and wellbeing

Where: Migrant Resource Centre Tasmania
Level 2, 1A Anfield St Glenorchy

When: Enrolments begin 29th June 2021

For more information visit: www.mrctas.org.au/phoenix-centre/
or contact Adam Hammer from Monday to Wednesday on 03 6221 0999 or
email: ahammer@mrctas.org.au

For an interpreter (TIS) call 131 450

