



# 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  
Ground Level, 27 Paterson Street, Launceston

**When:** Enrolments begin 10 August 2021. *Don't miss out, places limited.*

**For more information:** Visit [www.mrctas.org.au/phoenix-centre/](http://www.mrctas.org.au/phoenix-centre/)  
or contact Ruby Wood at [rwood@mrctas.org.au](mailto:rwood@mrctas.org.au) or call 03 6724 2820. For an  
Interpreter (TIS) call 131 450 first.

