



AMPLIFY ABILITY

Are you from a migrant or refugee background, and have strengths that you would like to share with others?

Do you also have areas of life that you would like to strengthen?

The Phoenix Centre provides mental health and wellbeing support to people from a culturally and linguistically diverse background. Over 10 weeks, our new Launceston group *Amplify Ability* hopes to create a supportive, learning community that explores ways to overcome barriers and celebrate our strengths.

If this sounds like a group for you, we welcome you to contact us.

For more information: Contact Ruby Wood on 03 6724 2820, 0420 937 108 or email rwood@mrctas.org.au

Office location: Migrant Resource Centre Tasmania, 27 Paterson Street, Launceston

For an Interpreter: call TIS on 131 450

