



# AMPLIFY ABILITY

## Increase Your Wellbeing and Self Confidence

**Amplify Ability is a 10-week program for anyone aged 18 years or older and from a migrant or refugee background, who may be feeling stuck, and looking to:**

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

**Where:** Migrant Resource Centre Tasmania  
KGV Sports and Community Centre, Level 2, 1A Anfield St, Glenorchy.

**When:** Running from 5<sup>th</sup> April, enrolments begin 14 March 2022.

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for more information or Visit [www.mrctas.org.au/phoenix-centre/](http://www.mrctas.org.au/phoenix-centre/)

**For an Interpreter:** Call TIS on 131 450 and ask for Migrant Resource Centre Tasmania on 03 6221 0999.

