



The **b.well** spiral is a Koru, which represents peace, tranquility and spirituality along with a strong sense of growth or new beginnings.

Our philosophy is to promote new beginnings, meet with acceptance and create a sense of belonging for those living with a dual diagnosis.



Referrals from other services:
Please make contact with **b.well**
to discuss your referral.

b.well
A BUTTERY PROGRAM

wellbeing

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*We value the contributions of those
with lived experience, and welcome
your feedback or suggestions.*

The Buttery is supported by financial assistance from the Australian Government



THE BUTTERY
ENRICHING LIVES

wellbeing



b.well
A BUTTERY PROGRAM

The Buttery Wellbeing Program is an outreach support service for people with mental health issues who are concerned about the impact of their use of alcohol or other drugs on their overall wellbeing.

What is b.well?

b.well is a wellbeing program supported by The Buttery. Our purpose is to assist individuals with both mental illness and substance misuse issues to access a range of support services, including:

- Psycho-education
- Peer support groups
- Therapeutic programs
- Individual support
- Activities programs
- Life skills programs
- Early intervention
- Health programs
- Music therapy



"Meeting other people with the same challenges made me feel that I was not alone"

Peer Support:
"Someone who understands"

b.well with us!

Interested?

Upcoming groups include:

b.connected - improve wellbeing and mental health through activity and social connection

Coping with a loved one in addiction

- strength based approach to understanding addiction and managing self-care

Drumbeat - connect with self and others and develop awareness through music

b.recovering - recovery oriented group for those with dual diagnosis

Groups not your thing?

We can offer individual counselling and peer support.



b.well groups meet in a range of locations near you

Our service is free and confidential

How to access b.well

An initial interview session is conducted to work out together what would suit your needs.

You can call or email, or be referred by another service.

For more info about our groups contact us to have a chat or to have group flyers sent to you.

Our groups have a focus on wellbeing and include a range of approaches. So whether you prefer to learn, be creative, meditate or be active, our groups are flexible and responsive to participant input.



b.well groups build and maintain supportive connections