



The Trust is a wellness and social inclusion program led by participants.

Get involved. Be supported.

Monday and Wednesday

21 Bellbowrie Ave, Narara 2250

See our Activity Calendar at www.ccarafmi.org.au/thetrust

Contact us to confirm your place

Fiona, Program Coordinator

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  @CentralCoastARAFMI



Central Coast ARAFMI promoting mental health and wellness since 1976.

Central Coast ARAFMI values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

THE TRUST—Beyond the Stigma is funded by the Department of Social Services.



NDIS Provider
405000946

THE TRUST

BEYOND THE STIGMA



CENTRAL COAST
ARAFMI
MENTAL HEALTH AND MORE



“The Trust gave me a positive support network and direction.”

Join us

The Trust—Beyond the Stigma is for carers and people with lived-experience of mental health.

We provide welcoming, safe spaces and activities to promote social inclusion, mental health recovery, wellness, and self-empowerment.

monday

10:00am–12:30pm at Narara

wednesday

10:00am–2:30am at Narara

Lunch 12:30pm

We welcome you to bring a dish to share!

About The Trust

SPACES

At The Trust, people are not labelled by their mental health status.

We welcome you to take your own pace in your participation.

Connect with others or enjoy quiet-time in our cafe, garden and wellness spaces.

ACTIVITIES

Explore personal and professional development through creativity, education, living-skills, wellness, social groups and activities.

Do you feel challenged by loneliness, depression or anxiety?

Have you experienced trauma?

Are you not in a happy place?

Do you feel overwhelmed or confused about life?

We recognise the lived-experience of people who are impacted by mental health, and acknowledge this as an expertise.

