



# RECOVERY DAY. 25 MAY 2023

Community - Advocacy - Services

Nowra West Street Centre invites you to  
'Recovery Day' on 25th May.

The day is about sharing individuals' experiences of mental health and using that knowledge to de-stigmatise and help one another along the way.

**Sausage Sizzle, Art Display,  
Craft Activities, Tennis,  
Recovery Stories, Pool  
Games & Friendly Faces!**

Other local service providers will be there to show the many paths you can take to mental wellness.

Service providers are invited to set up a table and run a small activity. We are hoping to get as much community involvement as possible!

To RSVP please contact:

email: [nowra@onedoor.org.au](mailto:nowra@onedoor.org.au) call: (02) 9879 2641

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