

ABOUT FOOTPRINTS

Footprints in Brisbane Inc. is a well-regarded not-for-profit provider of community-based services, working in the community for over 30 years. We specialise in working with older people, those that experience disability, mental illness, as well as those who are at risk of homelessness.

Footprints adopts a non-discriminatory practice and working alongside people with respect and dignity, to enhance their capacity to live independently in the community, is integral to our service.

Our professionally qualified and highly skilled workforce operate within a client-centred practice framework ensuring principles of strengths-based practice are implemented into service delivery.

We believe in independence, strength and choice. We work with people and their representatives, at their own pace, to empower and support people to reach their goals.



HOW TO ACCESS THIS SERVICE

Please send referrals through the H2H team based at RFQ or the Recovery Wellness Program based at Footprints (Brisbane North).

Also include the group(s) you would like to attend.

If you or your worker would like to request a copy of the referral form please

- call: 07 3252 3488, or
- email: PBGS@footprintsinc.org.au

A Peer facilitator will then contact you to discuss the next step.

Contact us:

P: 07 3252 3488

F: 07 3252 3688

www.footprintsinc.org.au

P.O. Box 735 New Farm QLD 4005

STAY CONNECTED WITH US



JUNE 2021



PEER BASED GROUP SUPPORT





WHAT IS PEER BASED GROUP SUPPORT (PBGS)?

PBGS provides therapeutic, support and skill-building groups lead by Peers with a lived experience of their own mental health journey. All groups are facilitated by Peers who use the knowledge they teach in their everyday lives. All our groups are trauma informed, strength based and client centred. We focus on meeting the client where they are at and walking alongside them providing hope, empathy and encouragement.

"Your unconditional support and no judgement for my situation makes the world of difference when we are struggling to find the help and support that we need."

... client testimonial

WHAT TO EXPECT



Feeling welcome



A safe and supportive environment



Encouragement and motivation



Social connection and like minded people



Opportunity to grow and learn new skills

RANGE OF GROUPS

Groups are facilitated through out Brisbane North. We run groups weekly, or as 3-day workshops, or over an 8-week block.

Weekly Groups

- Movement for Recovery
- LGBTQIA+ Safe Space
- Creative Arts
- Hearing Voices
- SMART Recovery.

Workshop Groups

- Wellness Toolbox
- Working it Out
- Anxiety Skill Building and Support Group
- Peer Zone.

5–10 week groups

- Drumbeat
- Art Therapy
- Intro to DBT
- DBT
- Mind Body Awareness
- Power of Our Stories.

