

Weekly Contact Days

Tuesday 10am – 2pm

- No referral necessary
- Lunch \$2
- Tea, coffee, cordial

Monthly Newsletters

Other Ruah Mental Health Programs

Wellness Recovery Action Plan (WRAP)

Practical skills and strategies to manage mental health and improve wellbeing.

Ruah Workright

Specialist mental health job placement agency

Ruah Inreach Local Teams

Psychosocial and recovery support mental health service.



Ruah Community Services' vision is a socially just, compassionate, participative and sustainable community. Its mission is to redress disadvantage and enhance the human spirit.

Location

St Brigid's Centre

Corner John and Fitzgerald Streets
Northbridge
Enter through car park off John Street

Contact

Email urbannetwork@ruah.com.au
Address Urban Network
GPO Box 2828
West Perth WA 6872

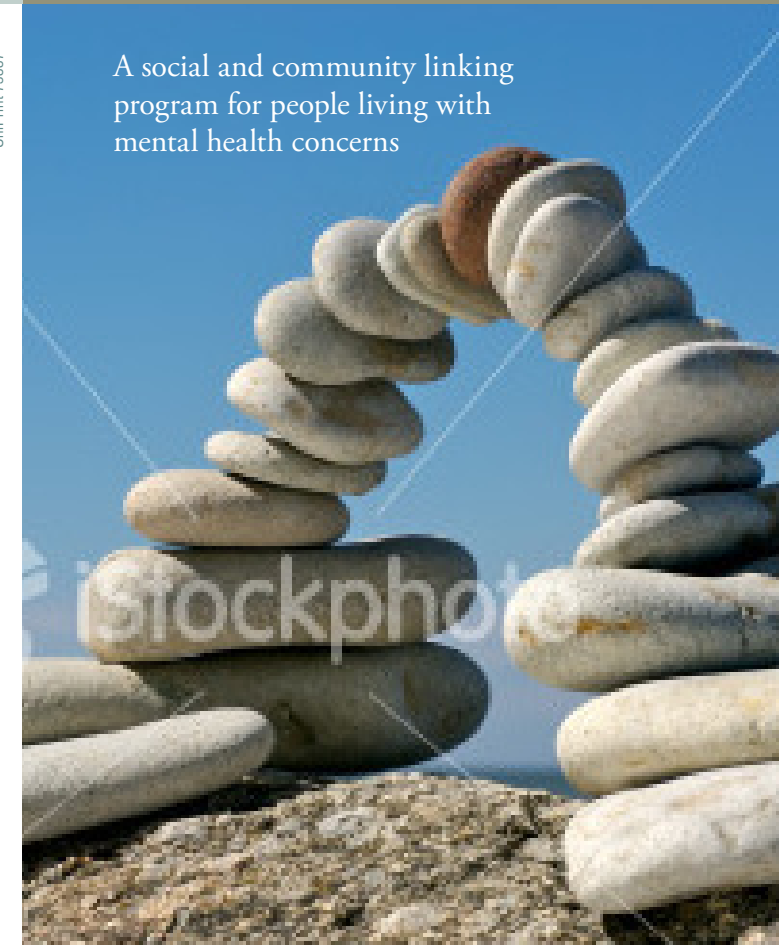


Ruah Urban Network

People together ... endless possibilities

A social and community linking program for people living with mental health concerns

UniPrint 73887





Ruah—an ancient Hebrew word meaning Wind, Breath, Spirit of Life

What is Urban Network?

Urban Network is a social and community linking program for people living with mental health concerns.

Urban Network Principles

Social connection and friendship

Opportunities are created for participants to form social networks, to join others with common interests, to link into community activities and enhance their social skills and confidence.

Empowerment shared

Leadership is encouraged through involvement in planning, decision making and review of Urban Network activities.

Participants are encouraged to co-lead meetings and contribute to personal growth and well-being programs.

Independence

Participants take responsibility for their own transport, financial arrangements and security of belongings.



Participation in Urban Network

Formal referrals are not required, however, participants are asked to give some basic information to the Coordinator if they decide to continue participation.

Network News is a monthly newsletter giving details of Urban Network activities. It is available at the Tuesday meeting, by email or post.

Weekly Contact Day

The hub of Urban Network is a weekly gathering at St Brigid's Centre in Northbridge. This day provides a regular and familiar structure for people to meet in a relaxed, developmental environment. It also provides a regular access point for new participants and interested people.

A range of optional activities are available, including:

- meditation
- men's and women's group meetings
- different workshops
- walks in the park

Several of these activities are participant-led. Other activities are organised on the contact day, eg. day trips to places of interest.

Lunch is provided at a cost of \$2.00.

A *contact meeting* after lunch gives participants time to share something about their week and to hear from each other. Time is put aside to light a candle and remember people who are unwell or struggling.



The meeting is a forum to plan and reflect on upcoming and past activities and to share information about community events e.g. personal development opportunities and events organised by Ruah Inreach.

Morning tea is not provided, however, coffee, tea and cold drinks are available.

Participants are encouraged to bring a healthy snack, and are welcome to bring something to share, such as a cake on their birthday.

Communication

There is no direct phone contact with Urban Network.

Communication is generally via email:
urbannetwork@ruah.com.au