

Proudly Supported By:

How to contact us

To book a time to meet with our Community Link Worker or for any enquiries, please contact us on:

Email: linkworker@mgcci.org.au
Phone: 07 3343 9833
Mobile: 0412 679 833
Website: www.waystowellness.org.au

The Social Isolation and Loneliness Project
proudly funded by the
Queensland Government

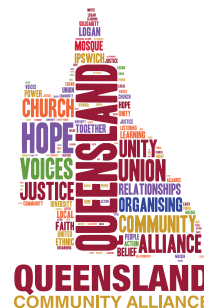
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THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA



Ways to Wellness

Connecting you to
your community

Mt Gravatt and
surrounds



Mt Gravatt
COMMUNITY CENTRE INC

Phone: 07 3343 9833
Address: 1693 Logan Road Mt Gravatt 4122



Connecting you to local services to improve your physical and mental wellbeing



The Community Link Worker is:

- Someone to talk to confidentially
- Someone who is practical, helpful and who will not judge you
- Someone who can help you decide what you would like to do to improve your health, wellbeing and Independence
- Someone who can find you activities and groups that will suit you
- Someone who can give you support along the way

Health and wellbeing starts with taking care of ourselves as best we can and this includes having social connections. This isn't always easy.

We can work with you to help identify activities you might be interested in and connect you with local classes, social groups and clubs within the community to help you reach your wellbeing goals.



How we can help

Our Community Link Worker will meet with you at a place that is convenient to you, to learn about your lifestyle and interests, and support you to engage with meaningful group programs in the community.

Together you and the Link Worker will be able to:

- Explore what is important for your life and wellbeing
- Identify the local activities and social groups you can benefit from
- Gain support and encouragement to start using services that can help you

