

# Recovery Retreats

**Victoria**  
**July – December 2023**



# What are Recovery Retreats?



Take a break from your everyday,  
build new skills and meet new people.

Mind Australia's Recovery Retreats are an opportunity for NDIS participants to enjoy short, supported holidays across Victoria.

You will have your own cabin or hotel room with an ensuite bathroom as a base for enjoying relaxation, meals, on-site activities, and outings with others. Mind staff will support you during the trip. You can help in planning the meals, activities, and outings program.

Recovery Retreats enable people experiencing mental health challenges to experience time away from home in a safe, supported and flexible environment.

## Key Information

- Referrals close 2 weeks prior to retreat departure.
- You will have an individual pre-trip meeting to discuss your meal and activity preferences and complete your service agreement.
- Recovery Retreats range from approximately \$3,200 - \$8,000, and final cost is based upon the duration and staffing ratio of your retreat. This should all be funded from your NDIS Plan. This is subject to change in conjunction with NDIS Price Guide updates.
- Cost includes: pre-trip planning appointment, staff support, accommodation, transport, meals and activities.
- Retreat accommodation, activities and themes as listed may be subject to change.



# Where do we stay?



Recovery Retreats are held at a variety of picturesque locations across Victoria, including Phillip Island, Mornington Peninsula, Lorne, Geelong, Melbourne CBD and more. Retreat participants each stay in private accommodation, usually a cabin, motel or hotel room, which includes a private ensuite, small lounge space and tea and coffee making facilities. Please speak with staff regarding any individual preferences for where you'd like to travel to and stay.



# Mind Australia Recovery Retreat Calendar



Get a look at our upcoming themes for the rest of 2023. Recovery Retreats are short, supported holidays within Victoria. They're an opportunity for people experiencing mental health and wellbeing challenges to take a break from your everyday, build new skills and meet new people.

You will have your own cabin or hotel room with an ensuite bathroom as a base for enjoying relaxation, meals, on-site activities, and outings with others. Mind staff will support you during the trip. You can help in planning the meals, activities, and outings program.



# July



## The theme for July is *Winter Warmer*

During the cooler months, we have the opportunity to slow down, rest and reflect. Sip on some of the finest hot chocolate Victoria has to offer, get creative with arts and crafts by an indoor fireplace or perhaps take part in a local cooking class.

Let us know what you would like to do and where you would like to go!

### Group Retreats Dates

Tuesday 4 July – Friday 7 July 2023

Tuesday 11 July – Friday 14 July 2023

Tuesday 18 July – Friday 21 July 2023

Tuesday 25 July – Friday 28 July 2023

### 1-1 'Design Your Holiday' Retreat or 1-2 'Bring a Friend' Retreat Dates

Tuesday 11 July – Friday 14 July 2023

Tuesday 18 July – Friday 21 July 2023

Tuesday 25 July – Friday 28 July 2023



# August



## The theme for August is *Leisure*

Leisure is about having fun, exploring new hobbies and finding enjoyment away from your day-to-day tasks. Leisure may look like attending a local pottery class, playing board games, going out for coffee and cake sightseeing.

Let us know what you would like to do and where you would like to go!

### Group Retreats Dates

Tuesday 1 August – Friday 4 August 2023  
Tuesday 8 August – Friday 11 August 2023  
Tuesday 15 August – Friday 18 August 2023  
Tuesday 22 August – Friday 25 August 2023  
Tuesday 29 August – Friday 1 September 2023

### 1-1 'Design Your Holiday' Retreat or 1-2 'Bring a Friend' Retreat Dates

Tuesday 8 August – Friday 11 August 2023  
Tuesday 15 August – Friday 18 August 2023  
Tuesday 22 August – Friday 25 August 2023





# September



## The theme for September is *Spring into Spring!*

With the weather warming up, nature is thriving and wildlife is out and about. Pet cats at a local cat café, breathe in fresh air at the botanic gardens or visit the Zoo!

Let us know what you would like to do and where you would like to go!

### Group Retreats Dates

Tuesday 5 September – Friday 8 September 2023

Tuesday 12 September – Friday 15 September 2023

Tuesday 19 September – Friday 22 September 2023

Tuesday 26 September – Friday 29 September 2023

### 1-1 'Design Your Holiday' Retreat or

### 1-2 'Bring a Friend' Retreat Dates

Tuesday 12 September – Friday 15 September 2023

Tuesday 19 September – Friday 22 September 2023

Tuesday 26 September – Friday 29 September 2023



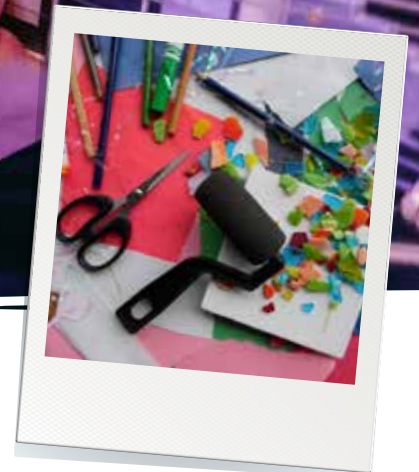
# October



## The theme for October is *Rocktober!*

Rocktober is the month for embracing music, art and self-expression. Check out some live music, a comedy show, your local art gallery, record store or perhaps attend a music class!

Let us know what you would like to do and where you would like to go!



### Group Retreats Dates

Tuesday 3 October – Friday 6 October 2023

Tuesday 10 October – Friday 13 October 2023

Tuesday 17 October – Friday 20 October 2023

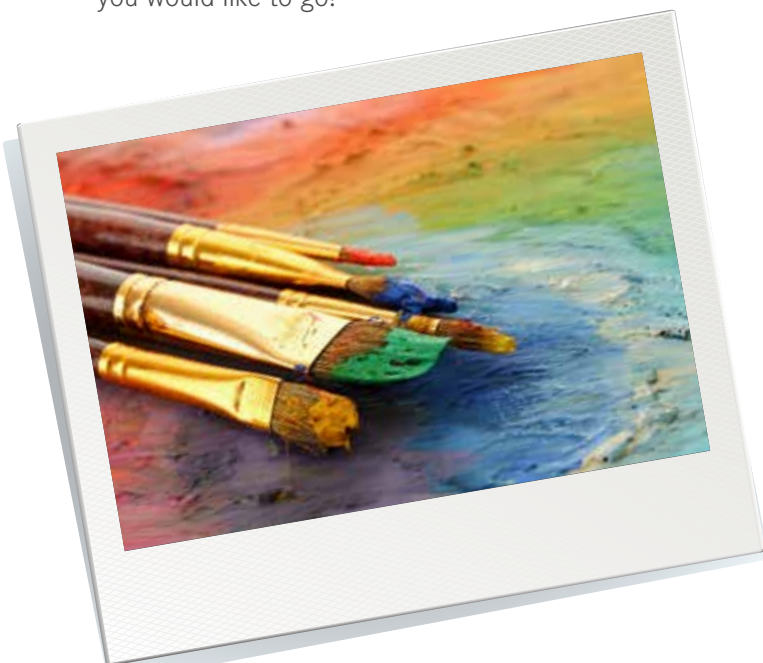
Tuesday 24 October – Friday 27 October 2023

### 1-1 'Design Your Holiday' Retreat or 1-2 'Bring a Friend' Retreat Dates

Tuesday 3 October – Friday 6 October 2023

Tuesday 10 October – Friday 13 October 2023

Tuesday 17 October – Friday 20 October 2023





# November



## November is the month for *Wellness*

Take the month of November as an opportunity to expand your horizons and explore new ways to incorporate 'wellness' into your life. Learn about essential oils, enjoy a massage by a professional masseuse or try out a yoga class!

Let us know what you would like to do and where you would like to go!



### Group Retreats Dates

Tuesday 6 November – Friday 10 November 2023  
Tuesday 13 November – Friday 17 November 2023  
Tuesday 20 November – Friday 24 November 2023  
Tuesday 27 November – Friday 1 December 2023

### 1-1 'Design Your Holiday' Retreat or 1-2 'Bring a Friend' Retreat Dates

Tuesday 6 November – Friday 10 November 2023  
Tuesday 13 November – Friday 17 November 2023  
Tuesday 20 November – Friday 24 November 2023

# December



## The theme for December is *Rest and Reflection*

December invites us to celebrate the good times from the year and look towards the next. Perhaps there's a local restaurant you've been meaning to try, or a new hobby you'd like to pick up. Whether it be an art class, sports game or something else – it's never too late to work towards your personal goals!

Let us know what you would like to do and where you would like to go!

### Group Retreats Dates

Tuesday 5 December – Friday 8 December 2023

Tuesday 12 December – Friday 15 December 2023

Tuesday 19 December – Friday 22 December 2023

### 1-1 'Design Your Holiday' Retreat *or*

### 1-2 'Bring a Friend' Retreat Dates

Tuesday 5 December – Friday 8 December 2023

Tuesday 12 December – Friday 15 December 2023

Tuesday 19 December – Friday 22 December 2023











Mind acknowledges that Aboriginal and Torres Strait Islander peoples are the Traditional Custodians of the lands on which we work and we pay our respects to Elders past and present. We recognise the intergenerational impact of the history of invasion, dispossession and colonisation and are committed to the recognition, respect, inclusion and wellbeing of Australia's First Peoples.

Mind values the experience and contribution of people from all cultures, genders, sexualities, bodies, abilities, spiritualities, ages and backgrounds. We are committed to the inclusion for all our clients, families and carer, employees and volunteers.



Help, hope and purpose

**Mind Connect**

1300 286 463

**Carer Helpline**

1300 554 660

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