

## at rivendell, your journey can lead almost anywhere

Rivendell provides assistance in developing skills, knowledge and support networks for recovery. All activities are aimed to better manage the effects of mental and emotional illness. The friendly and accepting environment helps to rebuild confidence, to make friends and to participate and share in the life of the community.

## how to apply

You, your family, your doctor or other health service provider is invited to contact us to discuss the referral process.

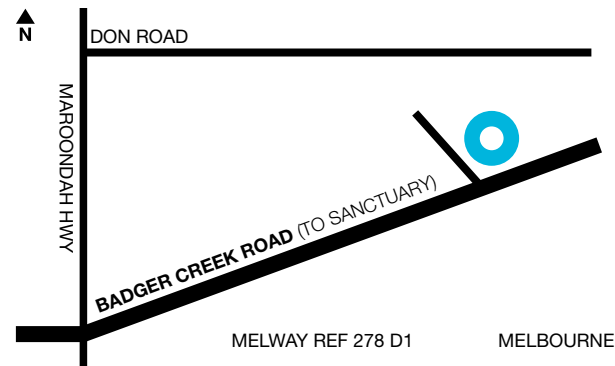
**for further information contact (03) 5962 2388**

### **rivendell**

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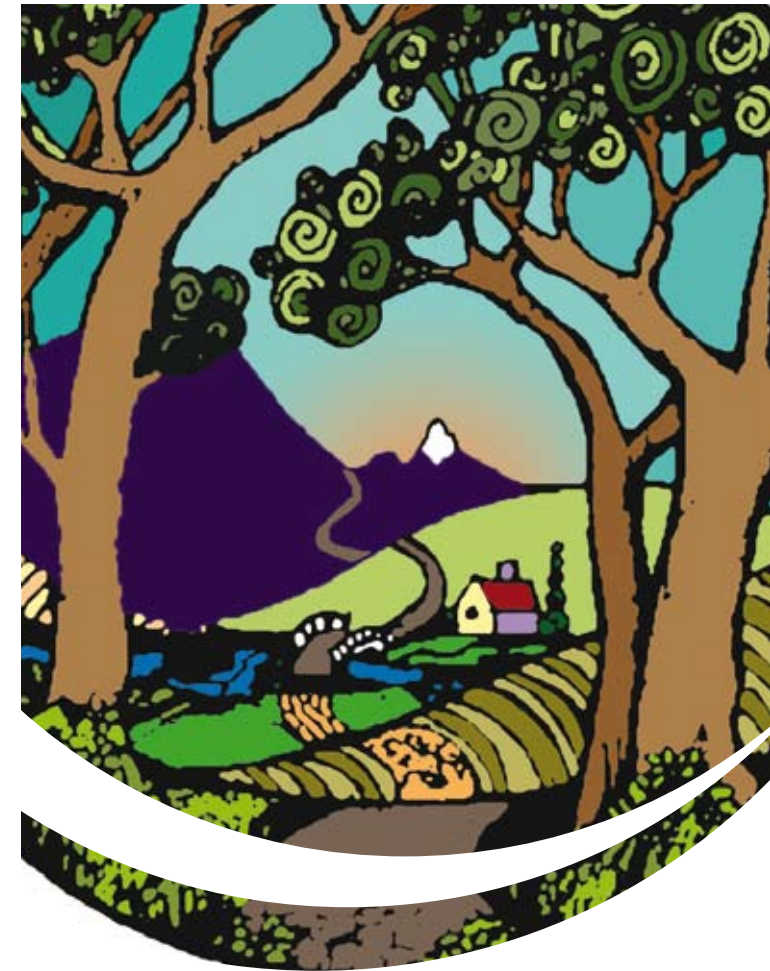
**eastern access community health**  
partners in building healthy communities

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# rivendell

a community support service for  
people with mental health issues  
who live in the healesville and  
yarra glen areas



In Tolkein's trilogy "Lord of the Rings", Rivendell is a place in the valley of the Misty Mountains, where people on long and difficult journeys find friendship, support and healing through music, story telling and good company.

The journey can then lead almost anywhere!

## who can be part of the rivendell community?

People who live in the Healesville and Yarra Glen areas who have psychiatric or mental health issues and are aged 18 to 64 are encouraged to discuss their participation in the program.



## what is offered at rivendell?

- Individual support to assist people in achieving their personal goals and maximum potential for improved mental health;
- Group programs and activities to enhance recreational, social and skill-based opportunities;
- Housing support, which seeks to develop and provide options for low cost housing and support in independent living;
- Support in linking into community house programs and training or obtaining skills and qualifications; and
- Social drop-in, offering a chance to meet other people, make friends and share a meal together in a casual setting.

## activities

Group activities may include:

- Healthy Living
- Art and Craft
- Discussion and Personal Development
- Newsletter Production
- Outings
- Drama
- Music
- Gardening
- Outdoor Challenge Activities
- Computers and the Internet

At Rivendell, participants take an active role in choosing and planning activities, and making full use of the facilities and opportunities available in the wider community.