

The Recovery Cave will be open on a Wednesday afternoon between from 1 pm till 4 pm. The Deck of Dreams Project is about gathering a collection of hopes and dreams from people who have been impacted by mental health issues. The hopes and dreams will be expressed creatively and transformed into a deck of 52 cards. It will be like a portable gallery of goodness with positive, inspiration, quirky and real messages of hope around mental health.

Jennifer Lee, Day 2 Day worker with The Wayside Chapel starting working on this creative idea in 2010 In 2011 Jennifer submitted a poster to the Inner City Mental Health Recovery Working group event titled Looking Forward Looking Back 3 and won 1st prize for her entry. A small working group from The Wayside Chapel and St Vincents has been set up to help Jennifer further develop this project.

More information about the project can be found on Jennifer's web site <http://mindgarden.me>

Deck of Dreams images

Modules for Recovery Cave Sessions

	Module No	Name	Description
	1	Deck of Dreams Workshop	The Deck of Dreams project was launched on
	2	Making dreams come true	This module will explore NSW to assist people to
MH-OAT	3	Pathways to Recovery	

This module explores the [Pathways](#) workbook that promotes recovery in many areas of life including the

The Pathways to Recovery workbook includes over 30 first-person accounts of recovery and provides in

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[Centre](#)

Getting ready to get into the module will be lead [The O'Brien](#) of the Inner C

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[Destination Recovery](#) This module will explore a variety of Recovery resou
Evaluation of Recovery Cave Program

The Inner City S.U.P.E.R Group

The Inner City S.U.P.E.R Group will be starting in the O'Brien Urban Health Centre during in September 2012

The group aims to encourage Inner City Service Users to Participate, Educate and Research information that will help them in there own Recovery and prepare them for a life outside the O' Brien Urban Health Centre.

For more information contact Douglas Holmes, Consumer Participation Officer, O'Brien Urban Health Centre @ djholmes@stvincents.com.au

The many different ways Consumers can be involved with the

Participation

Education

Research

At a client of the service as a supported volunteer

[The Recovery Guide project](#)

[The Recovery Guide project](#) [Being involved in a participative research project](#)