

Learning2B (L2B)

An interactive program designed to support your journey.

If you are being supported by a Flourish Australia service, you have the opportunity to expand your capacity building activities with Learning2B!

In a safe and supported environment, you can strengthen your abilities, confidence, and growth as you learn to:

- Increase social and community participation
- improve your health and wellbeing
- nurture self-care practices
- build on your learning capabilities
- make informed choice and increase your self-awareness.

With the help of Learning2B, You can take part in a guided learning experience online or in a group setting, with the aid of short movies, open conversations and easy to use resources.

You are eligible for Learning2B if:

- You are ready to make a positive change
- Know that you would like to achieve goals and embark on a healthy recovery journey with you in the driving seat!

Now is the time!

Ask if your site can offer the L2B program!



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AUSTRALIA

Where mental wellbeing thrives