



CRISP & Exchange Day Program

CRISP – Support for Day to Day Living (D2DL) in the Community - is a structured recovery focused programme providing a range of recreational, social and skill based groups designed to assist adults with a mental illness who live in the Cities of Moreland and Hume.

Exchange Day Program provides opportunities for people to participate in group activities in a safe and supportive environment. Participants build on strengths and develop living, social, leisure and creative skills through group programs.

Both Programs offer a range of structured, social and recreation groups which include:

- Art Groups
- Computer courses
- Young Adult Programme – (YAG 18-30)
- Fitness & Wellbeing
- Managing Difficult Emotions
- Women's Group
- GEL (Girls Experience Life) – mothers support group
- Drop in
- Music Group

- Live in the City of Moreland (and Hume for Crisp).
- Are aged between 18 and 65,
- Have the ongoing support of a clinical health professional,
- Are able and willing to participate in the programmes

For more information please call (03) 9355 9900.

Referrals

We accept referrals from health professionals or self-referrals. New participants should contact one of the team to receive support and assistance with referrals for either programme.

Eligibility

The Crisp and Exchange Programs provide services for people who:

- Have a diagnosed mental illness.