



Get out for Good

Supporting people recently released from prison

Being released from prison can be a time of confusion, frustration and stress.

The Get out for Good program (G4G) support people to adjust to 'life on the outside'.

Where: Madge Vinnell Centre (behind the Anglican Op Shop) Anzac Street, Moe

Day: Tuesdays

Time: 10am – 2.00pm

Cost: Free

Call in for a cuppa in a safe, and stress free environment where you can talk with others who understand what you are going through.

Participants say the difference Get out for Good can make:

"Someone who doesn't judge me for what I have done"

"Someone to talk to who remembers my name"

"Someone who wants me to do well."

For information phone or text:

Cathrine Muston, coordinator

0458 450 370

