

# Motivational Exchange Programme

## New Experiences

**“Looking forward with confidence”**

- **“A participatory & discussion based group focused on learning opportunities”**
- **6 month programme including support**
- **Exploring future options**
- **Guest speakers - volunteering, training, education & future employability skills**
- **Community Achievement Awards**
- **Peer coaching support**
- **Sharing recovery experiences**

For any enquiries please contact:  
Michelle McBride or Graham Young  
South Service Centre  
Pavilion 3A, Moorpark Court  
11 Dava Street  
Glasgow G51 2JA  
Tel: 0141 425 4850  
Email: [volunteerwest@gamh.org.uk](mailto:volunteerwest@gamh.org.uk)  
or [peerability@gamh.org.uk](mailto:peerability@gamh.org.uk)

**Start Date:** : Every Friday

**Time:** 1 - 3pm

**Venue:** Room 217A  
Glasgow Kelvin College  
Springburn Campus  
123 Flemington Street  
Glasgow G21 4TD