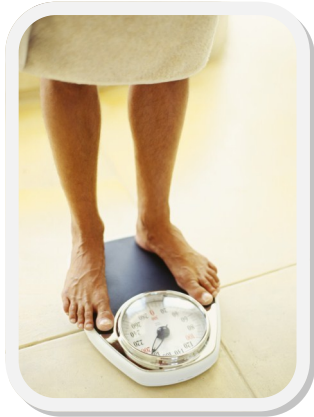


**“Overcomers”  
Weight Support Group**



**For more  
information  
about**

**“Overcomers”**

**contact the  
Coordinator:**

**Gaye Kellett**

**Phone: (03) 6339 3504**

**Mobile: 0439 373 604**

**Other Services that the  
City Mission provides...**

- **Counselling, Budgeting, advocacy, home visitation and aged care.**
- **Emergency relief material assistance.**
- **Crisis and Sobering-up unit.**
- **Short and Medium Term Accommodation.**
- **Meals and activities in our Day Centre.**
- **Visitation and support of prisoners and their families.**
- **Missionbeat and Outreach street work.**
- **Youth Work reaching out to the young and lonely.**
- **Rainbows program to help children who have or are experiencing grief.**
- **Children’s Playhouse Child Care Centre.**
- **Missiondale Recovery Program for recovery from drug, alcohol and other life controlling addictions.**
- **Club Monday support groups.**

**For more  
information or support on any of these  
programs and services contact:**

**City Mission on  
(03) 6331 6999**



*“Caring and sharing in Jesus’ name”*

**"OVERCOMERS"  
WEIGHT  
SUPPORT  
GROUP**



## **"Overcomers"**

Weight Support Group began in May 2004 out of a need in the community for an affordable and meaningful weight support group.

A committee was formed and the structure was set-up under the banner of:

### ***Launceston City Mission "Overcomers" Group***

The group offers support to people with addictions.

The first meeting was held on July 4, 2004 with 7 members present.

By the end of the year there were 18 members in the group.

The **"Overcomers"** Program.

Meetings are held each Monday (excluding holidays) starting late January running through until mid December.

#### **Start Time:**

Weigh-in between 6.00 & 6:30 p.m.  
Meeting follows after weigh-in.

#### **Location:**

The Chapel,  
Launceston City Mission  
46 Frederick Street,  
Launceston Tasmania.

#### **Cost:**

A small joining fee of \$5.00 applies.  
Then an on-going cost of \$2.00 applies\*  
(\*per additional meetings)

**All are  
welcome to attend!**  
(male and female).

At each meeting there is:

- ◇ **A weigh-in**
- ◇ **Incentives**
- ◇ **Motivational instructions, teaching and discussions**

An important part of the program is the encouragement that members give to one another.

As a group we celebrate our achievements each year with two dinners, or lunches, in July and December.

Awards are presented at the last meeting held in December.

#### **For more information contact: Coordinator -**

Gaye Kellett  
Phone: (03) 6339 3504  
Mobile: 0439 373 604