

# Collective of Self Help Groups (COSHG)

## Assistance for self help and support groups

COSHG offers a range of services to self help and support groups. We also provide assistance to people looking to access self help groups, linking them with groups in our database.

### We can support your group with

- Setting up and managing your group
- Tips for using digital technology
- Funding and grant opportunities
- Communications and marketing advice
- Financial management
- Workshops, resources, and skill building

### Free workshops for groups

We host free workshops for groups on a range of topics including:

- Using social media to connect
- Financial management
- How to promote your group
- Conflict resolution and group dynamics

We can also design workshops based on your group's needs.

Contact us  
for a free  
workshop!

For more information about COSHG and to access resources visit [coshg.org.au](https://coshg.org.au)

Contact us at [info@coshg.org.au](mailto:info@coshg.org.au)

