

MIFWA
**SCHIZOPHRENIA
AWARENESS
WEEK 2018**

RISING STRONG™

for families and carers of someone with mental illness

Following the success of The Daring Way™ workshops at MIFWA, this two day workshop will explore the power of our stories to both limit and support our resilience.

The workshop will include a series of short videos and activities to strengthen our understanding of trust, anxiety, dealing with criticism and being courageous. Rising Strong™ gives us a roadmap for how to get back up when we fall.

Date Wednesday 23rd and Thursday 24th May 2018

Time 9.00am 4.00pm

Venue Midland Professional Centre
Level 3, 9 The Avenue Midland

RSVP 9th May

Phone 08 9237 8900

Email samantha.scott@mifwa.org.au

Limited spaces and bookings essential

**Mental Illness Fellowship of WA proudly present
Schizophrenia Week 2018 event for families, carers
and friends of people with mental illness**

About the facilitators:

Sue Crock and Julie Loveny are Certified Facilitators of The Daring Way™ and Rising Strong™ programs based on the pioneering work of Dr Brené Brown. They are experienced social workers with many years' experience in mental health.



MIFWA

MENTAL ILLNESS FELLOWSHIP OF WA

Level 3, 9 The Avenue, Midland

Phone: (08) 9237 8900

Email: info@mifwa.org.au

www.mifwa.org.au