

WELLWAYS

Building a Future

Carers, friends and families of people with a mental illness

A Well Ways program designed to provide a broad and sensitive perspective to the many issues facing families as they manage the impact of mental illness on their lives.

The Building a Future program aims to increase the capacity of families, carers and friends to care effectively for themselves, other family members and their relative living with mental illness.

Taking place over 12 consecutive weeks, Building a Future is an educational program held in an informal setting involving group discussions, DVDs, and practical demonstrations.

Topics include:

- anxiety
- depression
- bi-polar disorder
- schizophrenia
- obsessive compulsive disorder
- schizoaffective disorder
- dual diagnosis disorders
- mental health and carer services

Well Ways participants have the opportunity to:

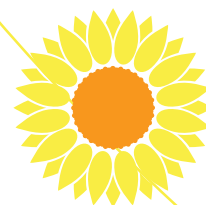
- Gain increased knowledge
- Gain new ideas and coping skills
- Gain increased confidence
- Share experiences and learn from others
- Develop ongoing support mechanisms

NEXT PROGRAM:

DATES Saturday 19th March 2022 for 12 sessions till 11th June 2022 (break over Easter)

VENUE Via zoom **TIME** 9:30am–12:30pm

For more details and to secure a place in this program, please contact MIFWA on 9237 8900 or email robyn.stone@mifwa.org.au.



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MIFWA

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