

wellways

MY RECOVERY



A free 10-week peer program for people experiencing mental illness who wish to take steps towards recovery, increase social and community participation, build knowledge of mental illness and develop social and emotional wellbeing. Plus, connect with other people experiencing mental health issues, including group facilitators with lived experience of mental illness.

10:00 AM - 2:00 PM WEDNESDAYS

5 OCTOBER - 7 DECEMBER 2022

Training Room, MIFWA | Level 3, 9 The Avenue, Midland

FREE | Lunch will be provided

Discussion & insight

In this program, participants will:

- Learn about mental illness, mental health and recovery
- Explore ways to improve social and emotional wellbeing
- Develop communication and advocacy skills
- Find ways to challenge stigma and discrimination
- Share and learn from the experiences of other participants
- Develop ongoing networks

Who should attend?

Participants must meet the criteria below:

- Can identify their own willingness and ability to participate in a recovery-oriented change process
- Have a support person to chat to between sessions (unpaid is OK)
- Are able to participate in a group
- Are willing to do group work
- Are willing to commit to all 10 dates
- Can complete a short interview with a MIFWA peer worker ahead of the program

Register now

At myrecoveryprogram.eventbrite.com.au

or visit mifwa.org.au/whats-on

Contact

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