

Building a Future

Carers, friends and families of people with a mental illness

The program is designed to provide a broad and sensitive perspective to the many issues facing families as they manage the impact of mental health challenges on their lives.

The 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 health challenges.

An educational program in an informal setting involving group discussions, audiovisual and practical demonstrations. The sessions are presented over 12 consecutive weeks.

Topics include:

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

Participants have the opportunity to:

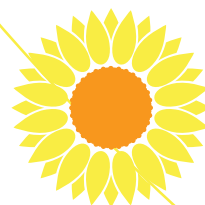
- Gain increased knowledge
- Gain new ideas and coping skills
- Gain increased confidence
- Share experiences and learn from others
- Develop ongoing support mechanisms

NEXT PROGRAM:

DATES Wednesday 6th March for 12 weeks till 29th May 2024 (break Wednesday 3rd April) **6-9pm.**

LOCATION: Midland

For more details and to secure a place in this program, please contact the Mental Illness Fellowship WA on 9237 8900 or email angela.smith@mifwa.org.au



MIFWA

Mental Illness Fellowship of WA

Level 3, 9 The Avenue, Midland
P.O. Box 1947, Midland WA 6936

Telephone: (08) 9237 8900

Email: info@mifwa.org.au

www.mifwa.org.au

wellways
**building
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