



**MIFWA**  
**Mental Health Week**

# **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.

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

**Date** Monday 8<sup>th</sup> and Tuesday 9<sup>th</sup> October 2018

**Time** 9.00am – 4.00pm

**Venue** Avon Youth, 371 Fitzgerald St, Northam

**RSVP** Sharon.karas@mifwa.org.au

**Phone** 08 9237 8900

*Limited spaces and bookings essential*

***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](http://www.mifwa.org.au)