

# GROWING WELL WORKSHOP

## A WAY OF NOTICING OUR EMOTIONAL & MENTAL WELLBEING.

A workshop for Carers using an interactive, hands-on tool and resources to assist us in attaining and maintaining mental health and wellbeing. An empowering workshop that can complement and build on your strengths.

*Topics explored are:*

- Being Connected
- Being Healthy
- Being Active
- Being Satisfied
- Being Organised

There is also time and space for self-reflection, and an opportunity to create your own tailor made mental health and wellbeing plan.

*Feedback from previous workshops:*

"This workshop has given me the ability to move forward."

"A great opportunity to ponder self-care."

"This highlighted my strengths which gave me a sense of empowerment and self control."

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**When:** Friday 24<sup>th</sup> May, 10am – 1pm

**Where:** MIFWA, 9 The Avenue, Midland.

**To enquire or register for a place please contact:**

Trudy Young on 9237 8900 or [trudy.young@mifwa.org.au](mailto:trudy.young@mifwa.org.au)



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