

wellways

# MY RECOVERY

## SNAPSHOT



A free 4-week program for people experiencing mental illness who wish to take steps towards recovery and develop knowledge of mental illness, social and emotional wellbeing, and recovery. Plus, connect with other people experiencing mental health issues, including group facilitators with lived experience of mental illness.

10:00 AM - 2:00 PM THURSDAYS

**18 AUGUST - 8 SEPTEMBER 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 (unpaid is OK)
- Are able to participate in a group
- Are willing to do group work
- Are willing to commit to all 4 dates
- Can complete a short interview with a MIFWA peer worker ahead of the program

### Register now

[myrecoverynapshot.eventbrite.com.au](https://myrecoverynapshot.eventbrite.com.au)  
or visit [mifwa.org.au/whats-on](https://mifwa.org.au/whats-on)

### Contact

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### Want to learn more?

**Join us for free info sessions - open to anyone**

- 21st July 9:30am-10:30am - [Online](#)
- 27th July 12:00pm-1:00pm - [Midland](#)
- 28th July 5:00pm-6:00pm - [Online](#)
- 2nd August 10:30-11:30am - [Online](#)