

# Carers, friends and families of people with a mental illness



well ways helping families & friends find better ways

## Building a Future

A Well Ways program designed to provide a broad and sensitive perspective to the many issues facing families as they manage the impact of mental illness 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 illness.

An educational program in an informal setting involving group discussions, DVDs, 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

**NEXT PROGRAM  
COMMENCING:**  
Saturday Sept 9th 2017  
10am—1pm  
Midland

### Well Ways 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

For more details and to secure a place in this program. please contact the Mental Illness Fellowship WA (MIFWA) on 9237 8900 or email [Trudy.young@mifwa.org.au](mailto:Trudy.young@mifwa.org.au)