

Carers, friends and families of people with a mental illness

Safety Plan Workshop

Feeling intimidated and threatened by someone that you support or care for can be confusing and distressing. This workshop is an opportunity to work towards safety for yourself and those around you.

You will:

- * **Learn principles of de-escalation**
- * **Create a safe plan**
- * **Build safety networks**
- * **Develop communication skills**



Bookings:

For more details and to secure a place in this program, please contact the Mental Illness Fellowship WA (MIFWA) 92378900 or email samantha.scott@mifwa.org.au

No Cost

Program starting on Saturday 5th March 2016

10.00am—1.00pm

**Midland Professional Centre, Level 3, 9 The
Avenue (corner Keane Street) Midland**