

“Self empowerment, self care, increased self worth: the opportunity to put education into action”



“The facilitators knowledge of the program, and in particular their own personal experiences, was both enlightening and courageous, bordering on simply inspirational.”

“I have learned that I am not alone.”

Well Ways programs are delivered nationally through MI Fellowship Victoria & other partner organisations.

To register or for more information on a program near you contact:



For general information or enquiries on how you can become involved in the delivery of Well Ways programs please contact MI Fellowship Victoria on:

276 Heidelberg Road, Fairfield VIC 3078
PO Box 359, Clifton Hill VIC 3068
T: 03 8486 4200 F: 03 8486 4265
E: enquiries@mifellowship.org
W: www.mifellowship.org

©Mental Illness Fellowship Victoria 2013 (ACN 093357165)

well ways well ways

building a future

for families and friends of people with a mental illness



Building your future with Well Ways

“Knowledge is power... relevant knowledge is more power...relevant knowledge delivered by people who have been there and done that is inspirational”

Well Ways Building a Future is a 12 session education program designed to assist family members and carers to maintain their own wellness and support the recovery of their family member or friend with a mental illness.

Facilitators are experienced carers and family members of a person with a mental illness who are trained and accredited to deliver the program. This type of education offers the unique opportunity for participants to benefit from the compassion, wisdom and experience of both the facilitators and other carers in the group.

This program utilises a powerful combination of up to date research based information with the expertise from those who have had similar experiences.

Benefits of participating in Building a Future

Change in thinking leads to a change in behaviour which leads to a change in results.

- Learn up to date information about anxiety, depression, bi-polar disorder, schizophrenia, obsessive compulsive disorder, schizoaffective disorder and dual diagnosis (drug and alcohol and mental illness)
- Increase your knowledge of current treatment and support options
- Identify and discuss practical ways to support recovery and strengthen relationships
- Enhance your communication and advocacy skills
- Share and learn from other carer's experiences in a supportive environment that promotes learning, resilience, self care and positive action
- Explore the dilemmas and complexities of the caring role
- Develop ongoing support networks

Building a Future Evaluation Outcomes

“Meeting fellow carers was a wonderful experience; sharing each other's stories was invaluable. The information provided in the course was empowering. I would recommend this course to other carers”

Building a Future has been evaluated by La Trobe University. Key findings include:

- Significant reductions in participant's tension, worrying and distress which was maintained over time
- Participant improvements in communication skills, increased self-efficacy and empowerment and an increased ability to empathise with the person with a mental illness
- Participant's gained a sense of universality (a feeling of not being alone)

Program Structure

Building a Future consists of eight weekly sessions followed by four monthly sessions. Each session runs for three hours and involves informal but structured learning, group discussions, videos, practical demonstrations and problem solving.