

Mind Wellbeing Book Club

Guidelines for participation

The 12-week Mind Wellbeing group study enables family carers to participate in a cutting-edge, practical, self-help book, developed by an experienced psychologist with extensive mindfulness training.

Here are some guidelines to help ensure everyone gets the most out of attending.

- Confidentiality – what is said in the room stays in the room.
- Facilitators will use protective interrupting to assist sharing safely and time limitations
- Please respect others by accepting of their experiences and differences and each other's capacity to solve their own problems.
- Please aim to speak about your personal journey and not your loved ones.
- Please be aware of your level of sharing for your own safety and that of others. For example, avoid details regarding self-harm, suicide, or assaults.
- Please respect each other's time and allow time for everyone to contribute.
- We value the importance of being heard and validated. Please allow others to problem solve and seek their own solutions.
- We respect your ability to self-manage and if you become distressed, take a break if you need to. Please tell a facilitator through the Zoom chat or text if you need support. MIFWA recognises that carers may need to be connected to additional services.
- During MIFWA programs you cannot sell items.

If you have any questions, contact Samantha Scott 9237 8900 or samantha.scott@mifwa.org.au.