

2025 Mind Wellbeing Book Club

for carers, families and supporters

Held on Zoom on Wednesdays

5 March to 28 May, 6pm–8.30pm, with a break on 23 April

Mind Wellbeing: A Workbook & Manual for Achieving Mental Wellness and Healthy Relationships

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.

Rooted in the principles of transdiagnostic psychology, this evidence-based guide offers a unique approach for addressing a wide array of concerns, making it a holistic and scientifically grounded resource for your journey towards mental wellbeing!

About the author:

Sahba Saberi, the Founder of Fount™ Institute, the author of Mind Wellbeing, and the developer of Fount™ Clinician is an Australian Psychologist with over 18 years of experience in therapeutic, research, supervision and training fields.

Discussion and insight:

- Learn about healthier ways of thinking
- Managing your emotions
- Overcoming anxiety
- Finding happiness
- Improving your self-esteem
- Organising your life, and
- Cultivating healthier relationships!

Who should attend:

Those supporting a family member or friend with mental health challenges and:

- Able and willing to participate in a group, and
- Able to commit to a 12-week study group, and
- Can complete a short interview with a MIFWA facilitator ahead of the program.

Expressions of Interest

Register your interest at <https://bit.ly/Mind-Wellbeing-2025>

Or scan the QR code.

Contact Samantha Scott 9237 8900 or samantha.scott@mifwa.org.au

