

Well Ways –Building a Future

Helping family and friends find better ways

Alexandra FAMILY EDUCATION PROGRAM

April 2010

Aim

The *Well Ways* Program is designed to increase the capacity of families, carers and friends to care effectively for themselves, other family members and their relative living with mental illness. The program provides a broad and sensitive perspective to the many issues facing families as they manage the impact of mental illness on their lives.

Outcomes

Upon completion of *Well Ways*, people will:

- Have increased information about mental illnesses, treatment and support options
- Gain new ideas and further develop skills to learn to cope with the impact of mental illness on their lives
- Have increased confidence in dealing with the challenges created by mental illness
- Have had an opportunity to share experiences, learn from others' experiences and develop ongoing support and information mechanisms

Who Should Attend

Families, friends and carers of people with a mental illness

Duration

The *Well Ways* program consists of eight 3 hour weekly group sessions plus four follow-up workshops over 12 months.

Program Style

Informal workshops involving group discussions, videos and practical demonstrations

About the Facilitator

The Facilitator is an experienced carer of a person with mental illness who has been trained by the Mental Illness Fellowship Victoria to deliver this program.

Topics

The program includes:

- Up to date information about anxiety, depression, bi-polar disorder, schizophrenia, obsessive compulsive disorders, schizoaffective disorder and dual diagnosis disorders
- Information about mental health and carer services
- Practical insight into behaviours associated with mental illness
- Practical frameworks to improve communication and problem solving skills
- Dilemmas and complexities of the caring role

Bookings are essential. See overleaf for location and further details.

Commencing Friday 30th April, eight week duration

11.30 am – 2.30 pm

Address

**Alexandra Community Health Centre
Alexandra**

Cost: \$25.00

BOOKINGS:

Contact the Family Education & Support Worker

Marie Salakowski (03) 57992353 or mobile: 0439738302

Maggie Florence (03) 58318905 or mobile: 0400053713

Please book early as places are limited.