



well ways helping families & friends find better ways

The carer support program **well ways** is a recovery based education programs and funded by the Australian Government under the Mental Health Community Based Program

PROGRAM	VENUE	DAY	DATE/s	TIME
well ways <b>Building a Future</b>	Conference Room MIFSA 5 Cooke Terrace <u>Wayville</u>	Monday	30 <sup>th</sup> Jan	6 - 9pm
well ways <b>Snapshot</b>	Community Room at the <u>Clare Hospital</u>	Tues afternoon & Wed morning	21 <sup>st</sup> & 22 <sup>nd</sup> Feb	12.30-4.30pm. 9 am-1 pm
well ways <b>Building a Future</b>	Semaphore Uniting Church 146 Semaphore Road <u>Exeter</u>	Tuesday	7 <sup>th</sup> Feb	6 – 9 pm
well ways <b>Building a Future</b>	Payneham Community Centre 374 Payneham Road <u>Payneham</u>	Monday	5 <sup>th</sup> March	6 – 9 pm
well ways <b>Building a Future</b>	<b><u>MOUNT BARKER</u></b>	Wednesday	28 <sup>th</sup> March	6 – 9 pm
well ways <b>Building a Future</b>	175 Baines Road <u>Woodcroft Community Centre</u>	Wednesday	14 <sup>th</sup> March	6 – 9 pm
well ways <b>DUO</b>	RSL Hall <u>Clare</u>	Tuesday	March 20 <sup>th</sup> April 3 <sup>rd</sup> April 17 <sup>th</sup>	9.30 am – 4.00 pm Daily
well ways <b>Snapshot</b>	<b><u>MOUNT GAMBIER</u></b>	TBC	April	
well ways <b>Building a Future</b>	Conference Room MIFSA 5 Cooke Terrace <u>Wayville</u>	Monday	16 <sup>th</sup> April	9.30-12.30pm
well ways <b>DUO</b>	Conference Room MIFSA 5 Cooke Terrace <u>Wayville</u>	TBC	May / June	6 – 9 pm

The well ways suite of peer education programs include –

**well ways Building a Future** - over 8 wks - practical insights and helpful interventions for the family

**well ways DUO** - 6 sessions - learn to care effectively for a person with mental illness and substance use

**well ways Snapshot** – over 2 days - for country family & friends knowledge & skills to be supportive

**well ways** Facilitators are Carers and People with lived experience, trained by Mental Illness Fellowship Victoria.

The **well ways** programs are evaluated by the La Trobe University

Contact carer support programs - **well ways**

Phone 8378 4100

email [wellways@mifsa.org](mailto:wellways@mifsa.org)



DELIVERING SERVICES FOR AND WITH PEOPLE LIVING WITH MENTAL ILLNESS AND THEIR FAMILIES



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### BOOKING FORM

Name:

Address:

Telephone:

Email:

I would like to attend the **well ways** education program for Carers, Family & Friends, which

Commences on:

Date:

Program:

Location:

Time:

If you would you like a referral for respite services now please circle YES NO

The cost to be **\$30.00 or \$50 per couple**

Fees can be included with this form or paid at the first session.

Payment by  Cash  Cheque  Credit Card  Visa  Mastercard

Grid of boxes for card details

Expiry Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Please note – Your booking fee includes membership to MIFSA for twelve months

**PLEASE RETURN COMPLETED FORM TO -**

MIFSA

Attention: Carer Support Program

For more information contact the carer support programs - **well ways** on **Phone 8378 4100**

Or Email [wellways@mifsa.org](mailto:wellways@mifsa.org)

Website: [www.mifsa.org](http://www.mifsa.org)

**well ways**

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