

MIFSA Respite House

Tuesday 21st to Friday 24th February 2012

Retreat Yourself

We are pleased to offer a residential group program* which provides recovery based respite services to Carers and Care Recipients.

The program is available for up to 7 participants who are living with a mental illness and receive regular support from a family member or friend. Carers are also welcome to attend or can take a break from their usual caring role.

The group will enjoy activities, excursions and shared meals, while staying at the MIFSA Respite House.

*Eligibility criteria apply

All Programs subject to change without notice

Create your own skin cream

Chinese Massage

Wellness Seminar

Introduction to Tai Chi

Beach Walk

For more information on this or other programs please contact:

MIFSA RESPITE PROGRAMS

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