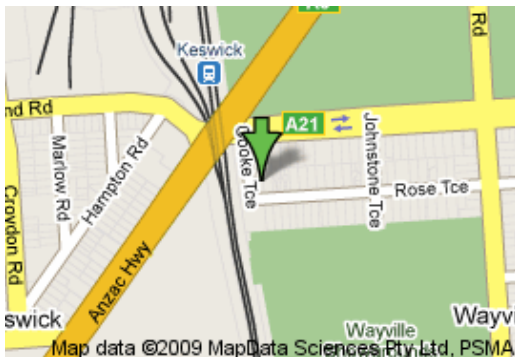


MIFSA NORMS

Respect
Acceptance
Privacy
Confidentiality
Safety

MIFSA has a no tolerance policy for unacceptable behaviour on the premises.

WHERE WE ARE



HOW TO GET HERE

By Bus

From: City, Route 719 Stop VS6 Grote St
To: **Stop 1 Anzac Hwy**
Any other bus traveling south on Anzac Hwy from city

By Train

From: City -Tonsley/Brighton /Noarlunga trains
(not all trains stop at Keswick-check the timetable)
To: Keswick Station

MIFSA **Rewire** Recovery Group follows the rehabilitation and recovery model, which focuses on supporting people experiencing depression, anxiety and/or mania, to develop and maintain a key role in managing their own recovery. Each session explores a specific aspect of depression or anxiety and offers approaches and strategies to enhance wellbeing.

WHAT IS RECOVERY?

Recovery is a personal and unique journey of positive change. Mental health recovery focuses on wellness, not illness and enables a person with a mental health problem to live a meaningful and satisfying life.

ENQUIRIES

No referral is required.
Please direct all enquiries to
Anna Byas: Group coordinator/facilitator
(08) 83784100 annab@mifsa.org



REWIRE RECOVERY GROUP

2012

A group for people experiencing anxiety,
depression and/or mania

**5 Cooke Terrace,
Wayville**

**Postal Address: PO Box 310
Marleston SA 5033**

www.mifsa.org

Ph: 8378 4100

Funded by SA Dept of Health

sharing the journey

January 11 th	<p>The Happiness Paradox. Paradoxically, our pursuit of happiness can be a cause of unhappiness. Explore <i>happiness</i> and ways to increase it without getting trapped in the pursuit.</p>
February 8 th	<p>Everyday Mindfulness When we are mindful of the present moment we let go of our old stories and open up to life as it is happening. Come along for a taste of mindful awareness and explore how it can support a richer, more meaningful life .</p>
March 14 th	<p>Constructive Communication Open, clear and respectful communication minimises conflict or misunderstanding and nurtures good relationships. Explore ways to communicate more positively and comfortably.</p>
April 11 th	<p>Identity and Self-Esteem Exaggerate your weaknesses? Nasty inner critic? Feel inadequate? Fear negative judgment by others? Powerful strategies to enhance sense of self and improve self-esteem</p>
May 9 th	<p>Expand your life — Managing Anxiety and Avoidance Stress and anxiety getting in the way of living the life you want? Strategies and techniques for reducing the impact of stress and anxiety on</p>
June 13 th	<p>Emotional Wellbeing Increase knowledge and awareness of how emotions, thoughts and actions impact on our sense of wellbeing. Explore helpful ways of dealing with emotions.</p>
July 11 th	<p>Thinking about thinking Do you: Catastrophise? Filter out the good things? Blame yourself for everything that goes wrong? Learn how to challenge unhelpful thinking</p>
August 8 th	<p>Values as your compass Set goals you never quite achieve? Lack direction in life? Get in touch with what really matters to you and use values to set your course</p>
September 12 th	<p>Action: How activity can help low mood Planning purposeful and meaningful activities that generate a sense of enjoyment, achievement or closeness to others can lift you out of a low mood.</p>
October 10 th	<p>Dealing with painful or unpleasant thoughts Sick of being pushed around by your mind chatter? Learn how to unhook from Negative Unhelpful Thoughts (NUTs!!)</p>
November 14 th	<p>Worry Work & Optimism Differentiate between helpful and unhelpful worrying. Learn strategies for dealing with unhelpful worry and how to adopt a more optimistic approach to life.</p>
December 12 th	<p>Building Resilience What is it we need to weather life's difficulties and bounce back with more ease and grace? Brainstorm internal and external building blocks of resilience.</p>