

MIFSA GROUP 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 who experience 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

2011

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 South Australian Department of Health

sharing the journey

REVIEW RECOVERY GROUP PROGRAM 2011
2nd WEDNESDAY OF THE MONTH 1PM-2.30PM



<p>January 12</p>	<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>
<p>February 9</p>	<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>
<p>March 9</p>	<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>
<p>April 13</p>	<p>Identity and Self-Esteem Exaggerate your weaknesses? Nasty inner critic? Feel inadequate? Fear negative judgment by others? Explore powerful strategies to enhance sense of self and improve self-esteem.</p>
<p>May 11</p>	<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 physical, emotional and social well-being.</p>
<p>June 8</p>	<p>Emotional Wellbeing Increase knowledge and awareness of how our emotions, thoughts and actions impact on our sense of wellbeing. Explore helpful ways of dealing with emotions.</p>
<p>July 13</p>	<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>
<p>August 10</p>	<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 your values to set your course.</p>
<p>September 14</p>	<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>
<p>October 12</p>	<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>
<p>November 9</p>	<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>
<p>December 14</p>	<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>