

Who can attend?

Adults 18-64 with a mental illness

Where are they held?

In Community Centres across Adelaide

How many in a group?

6-8 participants and 2 facilitators

How long do they go for?

About 2 hours a week for 6 with a break for food

Cost?

A gold coin donation appreciated



MIFSA THERAPEUTIC GROUPS WORKING TOGETHER TOWARDS RECOVERY

Small groups exploring pathways to wellbeing

Alleviating Anxiety

Dealing with Depression

Emotional Wellbeing

Managing Mania

Recovery from Psychosis



Interested?

Call Anna or Ben

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The Mental Illness Fellowship of South Australia (MIFSA) is offering groups which focus on supporting people to develop and/or maintain a key role in managing their own recovery.

- * **Share experiences and strategies**
- * **Increase knowledge and awareness of how our emotions, thoughts and actions impact on our sense of wellbeing**
- * **Understand the ups and downs of self esteem**
- * **Learn strategies and techniques to reduce the impact of stress and anxiety**
- * **Learn and practice ways to deal with unhelpful thinking**
- * **Learn helpful ways to deal with uncomfortable emotions**
- * **Explore ways to communicate constructively**
- * **Get in touch with what really matters in life**