

Working together towards recovery

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

Group topics include

Psychosis
Depression
Anxiety
Self esteem
Emotional Wellbeing
Managing Mania

WORKING TOGETHER TOWARDS RECOVERY

THERAPEUTIC GROUPS PROGRAM



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WORKING TOGETHER TOWARDS RECOVERY

Small groups exploring
pathways to well-being



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THERAPEUTIC GROUPS PROGRAM

These groups support the principles of rehabilitation and recovery and understand that there is hope after a diagnosis of mental illness.

The groups focus on building strengths and achieving the best possible quality of life.

Sharing ideas and methods for managing well-being in a group with others who have similar experiences can be particularly helpful.

Small groups exploring pathways to wellbeing

This is an opportunity to:

- ★ Take control of your life
- ★ Meet people
- ★ Have some good food
- ★ Have a laugh
- ★ Reach your potential
- ★ Set new goals
- ★ Learn more about yourself
- ★ Share ideas
- ★ Practice new skills
- ★ Give and receive support
- ★ Acknowledge achievements

Who can attend?

Adults 18-65 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 weeks —
with a break for food

Cost?

Gold coin donation appreciated.

What do I need to do?

Commit to your recovery which takes
time and effort.

Interested? call Anna or Ben

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