

Carers Week 2017

Come join us and the Seagulls for
for Fish & Chips on the Beautiful Freo Jetty



Thursday 19 October, 11am - 2pm

Includes Bus pick up 9am at the Visitors
Centre Northam and returning at 4pm.

RSVP: Andrew.Mccann@mifwa.org.au
or 0437 924 892



Mental Illness Fellowship Of WA

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Building Resilience

for families and carers of someone with
mental illness

The Daring Way explores topics such as vulnerability,
courage, shame and worthiness and how it affects our lives.
The two day will include short videos and activities to
strengthen our wellbeing and support as carers.

Monday 13 and Tuesday 14 November, 9am - 4pm

Bridgeley Community Centre, 91 Wellington St, Northam

RSVP: Sharon.karas@mifwa.org.au or 9237 8900

Limited spaces and bookings essential