

# building a future

## mental health education & support

“Hearing other families stories helped me realise that our family is not alone. In the same way, hearing someone’s story of recovery was extraordinary. It helped me to see that there is hope for the future”

- Program participant

Wellways Building a Future is a 12 session mental health education and support program for families, friends and carers of someone experiencing mental health issues. The program is led by peers - trained people who have their own lived experience as a family member, friend or carer.

Building a Future provides families and friends with:

- up-to-date mental health information
- strategies and skills to improve wellbeing and relationships
- knowledge and support from others with similar experiences
- information and strategies on accessing services and supports
- an opportunity to explore self-care and family wellbeing
- a chance to connect with others in a supportive environment



**Date & session time:**



**Location:**



**Cost:**



**To register:**



**wellways**

mental health | disability | rehabilitation