

Wellways

Building a Future

Snapshot



This group is for family, friends and significant others supporting a loved one with a mental health concern

Wellways Building a Future Snapshot is a short, 3 session peer education program designed to provide family members/friends of people with a mental illness with essential information, resources and support on mental health. Snapshot gives participants an opportunity to meet and talk with people experiencing similar challenges in a supportive environment that promotes learning, self care and positive action

Tea, Coffee and biscuits provided.
This is a free group.

The sessions will be held at Kyabra Community Association, Kyabra Street, Runcorn

A 3 session course held on:

Wednesday 25th October Time: 6pm to 8pm

Wednesday 1st November Time: 6pm to 8pm

Wednesday 8th November Time: 6pm to 8pm

If you're interested in joining this group please call:
Kyabra's Intake Team on 07 3373 9499



Australian Government
Department of Social Services

wellways

kyabra
Strength in Community