

# 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 1 day 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, please bring your own lunch.  
This is a free group.

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

**Thursday 30th November, 9.00am to 4.30pm**

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