

WORKING TOGETHER TOWARDS RECOVERY

The Mental Illness Fellowship of South Australia (MIFSA)

2008 Groups Program

Who can attend?

Adults 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: Free, however a gold coin donation would be appreciated.

Aims

Our aims are to:

- ◆ Share experiences
- ◆ Increase knowledge and skills
- ◆ Manage our wellbeing
- ◆ Acknowledge personal strengths
- ◆ Have fun

Interested?

Contact Paula or Ben

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Psychosis?*

Week beginning 4th Feb to week ending 14th March

Dealing with Depression

Week beginning 28th April to week ending 6th June

Managing Moods - both highs & lows*

Week beginning 28th July to week ending 5th September

Alleviating Anxiety

Week beginning 20th Oct to week ending 28th Nov

Clarence Park Community Centre, Black Forest Wed 10am-12pm	West Lakes Community Centre, West Lakes Thurs 10am-12pm
Level 1 Education Centre Modbury Hospital Tues 2pm-4pm	Community Campus Elizabeth Grove Fri 10.00am-12.00pm
Elizabeth House Christie Downs Wed 2pm-4pm	Payneham Community Centre, Payneham Fri 10am-12pm

*Additional groups

Psychosis?

16th June to week ending 25th July

8th Sept to week ending 17th Oct

Managing Moods:

17th March to week ending 25th April

Marjorie Black House Unley Wed 10am-12pm	Bagster Rd. Community House, Salisbury Nth Thurs 10.30 -12.30	Elizabeth House Christie Downs Wed 2pm-4pm
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The focus is about thriving, not just surviving

Comments From Previous Group Participants - What They Found Helpful

- ◆ *Strategies always practical, easy to apply.*
- ◆ *Group discussion, very good activities which really made me think much more deeply about my issues.*
- ◆ *Sharing with other people, knowing you are not alone.*

