

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

Snapshot program

The Wellways Building a Future snapshot program is a mental health education and support program for families of someone experiencing mental health issues.

Building a Future Snapshot provides:

- 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

Following Building a Future Snapshot many group members choose to attend the full length 8 session program.



Date & session time:

2 sessions Wednesday 2nd and 9th September
10.30am-2.30pm (1 hour lunchbreak)



Location:

Online – Zoom link to be provided



Cost:

Free



To register:

Contact Ellen Hamilton
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