

UNDERSTANDING MENTAL ILLNESS & RECOVERY

Information evening for family, friends and anyone who wants to be part of the recovery journey.

- ❑ How and why did this happen?
- ❑ What can I do to help?
- ❑ What does recovery look like?
- ❑ What services are available to support my family member?
- ❑ What services are available to support me/carers?

These questions and your questions answered, and information from many organisations in the Eastern Region.

1ST MONDAY NIGHT OF EACH MONTH (excluding January)

7.30 pm - 9.00pm

Federation Estate (Room 3)

32 Greenwood Ave, Ringwood

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