The ‘Well Ways - Building a Future Program’ is a 12-session peer education program designed and delivered by carers/family members who provide support and care for someone with a mental illness. Aftercare’s Family and Carers Education Support (FACES) service is hosting this program to assist families, friends, carers of people with a mental illness to sustain their wellbeing.

**EVERY WEDNESDAY FOR 12 WEEKS**

9:30AM- 1:30PM

**HELD AT BERNIE’S PLACE**

1697 LOGAN ROAD, UPPER MT GRAVATT

(next to the Mt Gravatt Community Centre)

$30 PER PERSON FOR 12 WEEKS

MUST ATTEND FIRST SESSION & COMMIT TO 12 WEEKS

Aftercare’s Family and Carer Education and Support service is funded by the Australian Government, Department of Social Services, Targeted Community Care - Mental Health Respite: Carer Support in partnership with Mental Health Carers Arafmi QLD, to deliver services in the South Brisbane area.
MEET THE FACILITATORS

Kim Thirkettle
Kim has a lived experience of supporting her husband with mental illness. She realises the importance of knowing the impact mental illness has on family life and the need for self-care. Kim works for Kyabra Recovery Connections as a Carer Peer Support Worker. In addition to running Well Ways Building a Future programs, she runs a monthly peer led support group at Kyabra. Kim is passionate about carers, their coping strategies and their capacity to support themselves on their recovery journey.

Barry Walden
Barry works in retirement as an accredited mental health course facilitator. He is a very ordinary and typical Australian father of three who has a lived experience of Bipolar Disorder within his immediate family. Barry’s study and interest however, covers the much broader spectrum of all types of mental illness and the resulting effect on the individual - as well as their carer/s and families. Barry’s passion is to share, support and educate. He is driven in his desire to eliminate the stigma associated with mental health. Barry brings with him a deep empathy for others in their own challenging and deeply worrying circumstances.

WELL WAYS - BUILDING A FUTURE PROGRAM PROVIDES:
• Assistance to carers in maintaining their own wellness
• Up-to-date information about mental illnesses, treatment and support options
• New ideas, problem solving skills and confidence to cope with the impact of mental illness
• An opportunity to share experiences with others who understand
• Broader ongoing sources of support and information
• Assistance with communication skills, self-efficiacny
• A sense of belonging

FOR FURTHER INFORMATION
Contact Aftercare’s Family and Carer Education and Support team:
P: (07) 3435 2600
Carol Owens
E: carol.owens@aftercare.com.au
Jennifer Eustace
E: jennifer.eustace@aftercare.com.au

Well Ways programs have been developed by Mental Illness Fellowship Victoria.
For more information see www.mifellowship.org

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