



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 and November)

7.30 pm - 9.00pm

Federation Estate (Room 3)

32 Greenwood Ave, Ringwood

RSVP Carer Consultant 9843 5800 - 0418 356 570

[Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Drawing Tools tab to change the formatting of the pull quote text box.]

