

UNDERSTANDING MENTAL ILLNESS & RECOVERY

This is an Information evening for family, friends or interested others who would like to understand 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**

**Ringwood**

**RSVP Essential**

 **Carer Consultant** **8396 8083 - 0466 943 414**