

Well ways programs are funded by the Australian Government under the mental health community based program.

## well ways Programs

*well ways helping people find better ways*

### Choose one of the four programs

PROGRAM Choices	SUBURB & VENUE	DAY	Start DATE	Program TIME
<b>well ways</b> <b>MI Recovery*</b>	MIFSA Conference Room 5 Cooke Tce., <b>Wayville</b>	Wed	3 <sup>rd</sup> Feb - 24 <sup>th</sup> Mar	12.30pm – 3pm
<b>well ways</b> <b>Building a Future</b>	Pathway Community Centre 5-249 Milne Rd, <b>Modbury Nth</b>	Tues	9 <sup>th</sup> Feb - 30 <sup>th</sup> Apr	6pm – 9pm
<b>well ways</b> <b>DUO</b>	MIFSA Panangga 64 Elgin Ave 65 <b>Christies Beach</b>	Tues	9 <sup>th</sup> Feb - 16 <sup>th</sup> Mar	6pm – 9pm
<b>well ways</b> <b>Snapshots</b>	Venue to be advised <b>Port Lincoln</b>	tba	Feb	tba
<b>well ways</b> <b>DUO</b>	MIFSA Conference Room 5 Cooke Tce., <b>Wayville</b>	Tues	23 <sup>rd</sup> Feb - 30 <sup>th</sup> Mar	9.30 am – 12.30pm
<b>well ways</b> <b>Building a Future</b>	Bower Cottages, 200 Bower Road, <b>Semaphore Park</b>	Wed	24 <sup>th</sup> Feb - 14 <sup>th</sup> Apr	6pm – 9 pm
<b>well ways</b> <b>MI Recovery*</b>	MIFSA Conference Room 5 Cooke Tce., <b>Wayville</b>	Mon	15 <sup>th</sup> Mar - 3 <sup>rd</sup> May	12.30pm – 3pm
<b>well ways</b> <b>Building a Future</b>	MIFSA Panangga 64 Elgin Ave. <b>Christies Beach</b>	Tues	16 <sup>th</sup> Mar - 4 <sup>th</sup> May	6pm – 9pm

**well ways MI Recovery\*** – a life changing program for those living with a mental illness\*

**well ways Building a Future** – practical insights and helpful interventions for the family

**well ways DUO** - learn to care effectively for a person with m/illness and substance use

**well ways Snapshots** – for country family & friends – knowledge & skills to cope & be supportive

Peer Facilitators who conduct the Programs are trained & qualified by MIF VIC

*well ways* is evaluated by the La Trobe University

Contact Maureen Lewis *well ways* Coordinator on 8378 4100 or [mlewis@mifsa.org](mailto:mlewis@mifsa.org)