



TMC Family and Friends Program 2010

It is Ok to feel:

Helpless Hopeless Frustrated Sad
Confused Misunderstood Angry

The Melbourne Clinic **Friends and Family Program**
aims to allow you to feel:

Helpful Hopeful Empowered
Enlightened Supported Understood

We offer a 6-week program for Family and Friends to attend **with** the person who is experiencing the mental illness.

The aims are:

- For family and friends to gain a common understanding of their loved one's experience.
- For the person experiencing the mental illness to understand what family and friends need to best help them and themselves.
- Time in separate groups so carers can connect just with other carers.
- Enhance communication between family members and friends in regards to mental illness.
- Discuss effective coping strategies and explore resources available to carers.
- Develop a collaborative wellness action plan.

Facilitator: Sophie Hutchison

Cost: \$300 per family member or friend for the 6-week program (limited to one family member or friend). Patients of The Melbourne Clinic will usually have their fee covered by their private health cover. If this is not the case then they will also be required to pay a fee of \$300. This can be determined when you register your interest.

Enquiries: Julie Huntington or Sophie Hutchison on 9420 9212