



“SHINE working to ensure the continual enhancement of the quality of life of the people it represents”

Recovery and the Family Education Course

Venue: St Mary's Health Centre

Course length: 7 weeks

Time: 6:45pm – 9pm

Start date: 7th October 2019

RSVP: Maria Keating 0504 27617

and/or Ann Marie 087 78778222

Course Content

- Relatives' needs in the Recovery Journey
- Understanding Your Relatives Mental Health Experiences
- Mental Health Services and the Admission Process
- Supporting Life: Suicide Prevention & Postvention
- Overcoming Self-stigma
- Effective Communication in the Recovery Process

Facilitators:

Maria Keating, CNM2, Thurles Mental Health Services

Marian Keaty, Family Recovery Peer Facilitator

Ann Marie Flanagan, SHINE Regional Development Officer

To book please call/text 087 7878222 or email midwest@shine.ie