



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

Recovery and the Family Education Course

Venue: 14A Washington st, Cork City.

Course length: 7 weeks

Time: 6pm – 8pm

Start date: Sept 11th to Oct 23rd

RSVP: *Emily Daly*

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Course Content

- Relatives' needs in the Recovery Journey
- Impact of Mental Health Issues on Family Members
- Mental Health Services and the Admission Process
- Supporting Life: Suicide Prevention & Postvention
- Overcoming Self-stigma
- Effective Communication in the Recovery Process
- Relative's Self-Care in the Recovery Process

Facilitators:

Emily Daly Shine Information and Support Officer

Noreen Kelly Family Peer Facilitator