



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

Recovery and the Family Education Course

Venue: Loretto House, Nenagh

Course length: 7 weeks

Time: 6:45pm-9pm

Start date: 28th January

RSVP: 17th January 2020

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:

Ann Marie Flanagan, Shine Mid West Regional Development Officer 087 7878 222

Margo and Pauline, Family Recovery Peer Facilitators