



*A series of three free workshops for Family, Friends and Carers supporting people with mental illness.*



The Encompass program is designed to provide practical information and advice.

We aim to provide you with practical tools that can support you in times of crisis, during your everyday life and to effectively look after your own wellbeing.

The program recognises the invaluable support that you provide your loved one, however all too often support is not provided to the family, carers and friends as you are also a critical part of this journey.

## **SESSION 1: THE IMPACT OF CRISIS ON THE CARER**

**DATE:** 6th of February 2018

**LOCATION:** The Academy Café – The Mezz,  
148 Scarborough Beach Rd, Mt Hawthorn

**TIME:** 1pm – 3pm Light Refreshments provided

**HOW DO I REGISTER?** Please send your interest to [encompass@scrosswa.org.au](mailto:encompass@scrosswa.org.au)

Closing date is 02.02.18 – places are limited

**ELIGIBILITY:** The carer is over 18 years and the person you are supporting is over 16 years.