



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

Recovery and the Family Education Course

Venue: REGARI Recovery College, Athlone Rd, Roscomon

Duration: *7 sessions, every Wednesday*

Time: *6pm – 8pm*

Start date: *Sept 25th 2019*

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**

For further information or to reserve a place, Contact:

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