



Tandem Module 5

Empowering
family, carers,
and supporters

Date: Tuesday, 20 May
Time: 12-3pm
Location: Mental Health &
Wellbeing Connect, 57
Rowan Street, Wangaratta

Light lunch provided

RSVP by Tuesday, 13 May,
advising of any dietary
requirements, to the Connect
centre by phone on 1800 572
129, by text on 0485 864 597,
or via email at:
HumeMHWConnect@gatewayhealth.org.au

The purpose of this session is to provide a space where information, lived experience, and wisdom is shared amongst family, carers and supporters. This will include information, resources and strategies to support us in engaging with the mental health system as a family carer.

By completing this session, family, carers, and supporters will:

- Build confidence and capability in navigating the mental health system and advocating for ourselves and the people we support.

- Share experiences and ideas for building networks of support, including in our local areas.
- Understand our rights and strategies for advocacy and empowerment.
- Share ideas for maintaining our own care and wellbeing.
- Discuss our learning and information needs and where to access support and resources.

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