

# SMILES PROGRAM

Simplifying Mental Illness *plus* Life Enhancement Skills

## The SMILES Program is designed to achieve:

- Increased ability to cope effectively
- A new freedom for self expression
- Development of creativity
- Reduction in feelings of isolation
- Increase in self-esteem and much more!



## This is achieved through:

- Education about mental illness
- Artwork & music
- Peer support
- Interactive exercises
- Relaxation exercises
- Problem solving

This all takes place in a fun-filled, supportive and caring atmosphere

**When:** 3 days in January 2019 – dates to be confirmed

**Where:** TAREE

**Who for:** 13-16 year old young people who care for someone experiencing a mental illness. (specifically schizophrenia, bipolar disorder, depression or anxiety)

For further information and to register, please contact Mydie at One Door Mental Health on 6551 4333 or email [mydie.keegan@onedoor.org.au](mailto:mydie.keegan@onedoor.org.au)



One Door. Many Opportunities. [onedoor.org.au](http://onedoor.org.au)

