

Partners in Recovery Event



Empowering Families Workshop

Headspace, 155 Alma Street, Rockhampton

Sunday 24th May – 9am-3pm

A day to share – break bread together, laugh and cry but most of all a day of learning how to cope with the challenging behaviours and complex needs of a child / loved one struggling to manage life with a mental health condition. Their lives are often characterized by recurrent significant crises and how we cope with these challenges often determines their quality of life, their resiliency and ability to have hope for their future.

Developed from the lived experience this peer to peer Workshop is innovative, evidence based and designed to deliver cutting edge life skills and strategies training to Parents and Significant Others adjusting to this sometimes emotional roller coaster ride.

Learn how to:

- Increase your communication and boundary setting skills
- Identify and promote person directed care
- Enhance your ability to manage significant emotional challenges
- Enhance your understanding of 'Self' and the 'Parent/Support Person' role
- Develop strategies that build relationships
- Build networks of support to maintain your sense of health and wellbeing.

To book your place or if you require further information please contact:

Kris Jones (07) 49217705 or email
[**pirmanager@cqmedicarelocal.com**](mailto:pirmanager@cqmedicarelocal.com)

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Response to previous workshops:

“Workshop was brilliant, gave me insight and enthusiasm, to realise how powerful knowledge is, confirmation of my own hopes, dreams and intentions, knowing my boundaries and limits and finding myself again”

“Sue is empowering, inspirational and has changed my life and my thinking, thank you so much”

About the Facilitator

Sue Koningen is the author and facilitator of the Empowering Families Program. Sue designed this program thirteen years ago in consultation with families and carers and consumers, because she desperately wanted to help and support her son who had survived a suicide pact with his friend. At this workshop Sue shares the knowledge and experience of her journey towards recovery and talks about how these new skills and strategies have changed her life and strengthened their relationship, enabling her son to embark on his journey towards recovery with a rock solid base of knowledgeable support and compassion partnering him.

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