



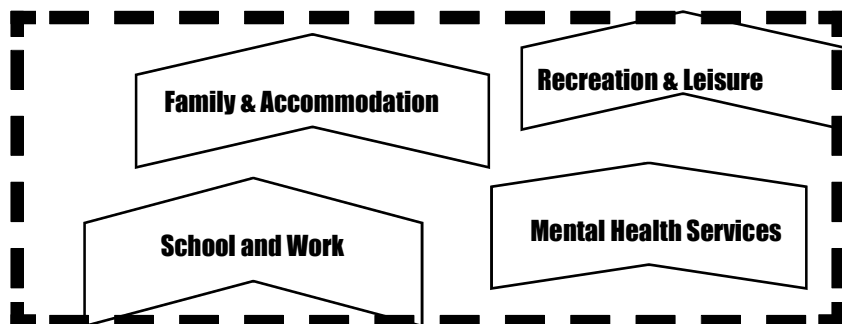
ARAFEMI

Bridging the Gaps - Southern

FORUM

for parents and other carers

to explore options for services for young people (16 years+) experiencing mental illness and for their families



We extend a warm invitation to you to come along to our next meeting

Thursday 3rd July 2008 at 7.45 pm

Family Life

197 Bluff Road, Sandringham

Melway Reference 76 K12

Guest speakers : Carer Consultants - Helen Lococo (Alfred Hospital)
Suzie Adam (Southern)
Anne Casey (Alfred CAMHS)

Beginning 6 August 2008, BTG Southern will be meeting on the first Wednesday of the month.

Advance notice that BTG Southern will be meeting on the first Wednesday of the month from August 6 in order to accommodate Family Life's need for more meeting space for their extended programmes.

Family Life has been enormously supportive and accommodating of BTG Southern's needs for which we are most grateful.

Please see overleaf for the full '08 Calendar of Events.

Inquiries to ARAFEMI: 9810 9314

Bridging the Gaps— Southern 2008

What's on for the rest of 2008 at BTGS

NOTE- Our meetings will be on Wednesday's from August

Meeting July 3. (Thursday) Carer Consultants - Helen Lococo (Alfred) 90764740, e-mail: h.lococo@alfred.org.au; Suzie Adam (Southern) email: susan.adam@southernhealth.org.au; Anne Casey (Alfred CAMHS)

Meeting August 6. (Wednesday) Catherine Culchane.
From the Psychotropic drug advisory service, working within the Mental Health Research Programme.
Catherine will talk about the effect of constant caring on our mental health as well as information on newer medications.

Saturday August 16 – A special day with Christine Savage.

Where :- Southern Family Life & **When** :-10am – 1pm.
Scrummy lunch provided.

Christine is a dynamic speaker in the areas of stress management, meditation and life skills. She will provide an experiential and practical day. Giving us skills to help in our caring role

Meeting September 3. (Wednesday) Scotty Maxwell, outreach worker with ARAFEMI.

A discussion around 'engagement' and effective interventions to assist recovery process.

Meeting October 1. (Wednesday) *Family stories* - "where to from here". How to find the next step. What empowers our kids. Who is there to support recovery (psychiatrist, psychotherapist, occupational therapists etc).

October 19th – 25th is Carers week. An activity is planned! We'll keep you posted.

Meeting November 5. (Wednesday) *The blaming in grief.*

Jeff Young/Mark Furlong 'talking about blame' authors of an article in the Australian and New Zealand Family Therapists journal.

Meeting December 3. (Wednesday)

Christmas social/fun/focus

Other News:

Take a break: ARAFEMI has funding for a carers respite day to the Dandenong's (yummy lunch at The Cuckoo and art galleries!), carers education and respite for consumers who live in the Southern Region. To register your interest in getting respite please contact Hilary on 98109300.