



ARAFEMI

ARAFEMI Victoria

Promoting and improving the wellbeing of people affected by mental illness

Family Education calendar 2008

February

Carers Coping Skills
Date: Monday 25th
Time: 9.30am – 3.30
Venue: Hawthorn
\$5 donation

May

Recovery the Carers Journey
Date: Wednesday 21st
Time: 9.30-3.30pm
Venue: Moorabbin
Cost: Free

August

Saturday Afternoon Session #3
Date: Saturday 23rd
Time: 1- 4pm
Venue: Bendigo
Cost: Free

April

Recovery the Carers Journey
Date: Wednesday 9th
Time: 10am – 3.30pm
Venue: Traralgon
Cost: Free

June

Siblings forum
Date: Thursday 19th
Time: 7.30-9.30pm
Venue: Hawthorn
Cost: Free

September

Saturday Afternoon Session #4
Date: Saturday 13th
Time: 1- 4pm
Venue: Bendigo
Cost: Free

Compassion Fatigue
Date : Saturday 19th
Time : 10am – 1pm
Venue: Hawthorn
\$5 donation

Grief & Loss for Carers
Date: Saturday 28th
Time: 1- 4pm
Venue: Bendigo
Cost: Free

Recovery the Carers Journey
Date: Thursday 18th
Time: 9.30-3.30pm
Venue: Hawthorn
Cost: TBC

Carers Coping Skills
Date: Wednesday 30th
Time: 9.30 – 3.30pm
Venue: Moorabbin
Cost: Free

July

Saturday Afternoon Session #2
Date: Saturday 26th
Time: 1- 4pm
Venue: Bendigo
Cost: Free

October

CARERS WEEK
Grief and Loss for Carers
Date: Saturday 18th
Time: 10 – 1pm
Venue: Hawthorn
Cost: Free

May

Recovery the Carers Journey
Date: Saturday 17th
Time: 9.30 – 3.30
Venue: Hawthorn
Cost: \$5 donation

August

Carers Coping Skills
Date: Saturday 9th
Time: 9.30 – 3.30
Venue: Hawthorn
Cost: TBC

November

Carers Coping Skills
Date: To be confirmed
Venue: Hawthorn
Cost: Free

If you would like to register for a workshop or for further information, contact the ARAFEMI Carer Helpline. Registration essential.

ARAFEMI Victoria

www.arafemi.org.au

admin@arafemi.org.au

ARAFEMI Carer Helpline Ph : (03) 9810 9314

WORKSHOPS

Carers Coping Skills - 5 hours

This workshop aims to assist families, friends and carers to explore issues and develop skills in supporting someone with a mental illness. Through group work and discussion, our peer educators will support carers to develop self-care skills, feel more confident in communicating in difficult situations and in developing supports to help reduce feelings of isolation. The course also provides assistance with planning treatment and recovery pathways.

Recovery – the Carers Journey - 5 hours

This workshop aims to assist families & carers of people with mental illness to understand and support recovery. It utilises group work and discussion, videos and carer led experience to help carers maintain hope, explore strengths and feel more effective as a caregiver.

Compassion fatigue – 3 hours

Families and carers of people who have a mental illness may experience physical and emotional exhaustion through their ongoing roles and responsibilities. In this workshop, families will learn about how to recognise compassion fatigue, and self-care strategies for prevention and healing.

Sibling workshop/ forum – 2 hours

This forum will explore the experiences and needs of brothers and sisters of people who have a mental illness. Guest presenters will talk about strategies for siblings and there will be an opportunity to talk about ideas for future supports.

Grief & Loss – 3 hours

Feelings of grief and loss are common for families and carers of people who have a mental illness. This workshop will explore the experience of grief and loss and mental illness, and new ideas about living with grief. An experienced grief counsellor will facilitate the workshop.

Venue details

Hawthorn

Ground Floor
270 Auburn Rd
Hawthorn VIC 3122

Southern / Moorabbin

Kingston Arts Centre
Function Room B
979 Nepean Highway
Moorabbin

Bendigo

Golden City Support Services

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