



**ARAFEMI Victoria Inc.**

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Reg No AD0000883B ABN 21 064 487 226

## Family Services Education Calendar 2010

DATE	TIME	SEMINAR	WORKSHOP
March Sat 20th	10am-1pm		Challenging Behaviours
April Tues 20th	7pm-9pm	Partners	
April Tues 27th	10am-1pm		Healthy Boundaries & Communication
May Sat 8th	10am-1pm		Being a Carer in the Mental Health System
May Tues 11 <sup>th</sup>	7pm-9pm	Siblings	
May Tues 18th	10am-1pm		Recovery - how to support it
May Tues 25th	7pm-9pm	Moving Beyond Loss & Despair	
June Tues 1st	10am-4.30pm		Sharing the Carers Experience Carer Respite Event
June Tues 8th	7pm-9pm	Dual Diagnosis (combined mental health issues drugs/ alcohol dependence)	
June Sat 19th	10am-1pm		Carers Coping Skills
August Tues 3rd	7pm-9pm	Being a Carer in the Mental Health System	
August Tues 17th	7pm-9pm	Future Planning	
September Tues 14th	10am-1pm		Recovery - how to support it
October Saturday 9th	10am-1pm		Recovery - how to support it
October Tues 19th	7pm-9pm	Siblings	
October Tues 19th <b>**Carer's Week**</b>	9.30am-4.30pm		Relaxation & Meditation Carer Respite Activity
October Sat 23rd	10am-1pm		Healthy Boundaries & Communication

Seminars/Workshops: \$5.00 and are facilitated from ARAFEMI's head office, 270 Auburn Road Hawthorn. Respite Activities/Education cost: \$10.00 and depart from the head office

Parking details: <http://www.arafemi.org.au/contact-us.html>

Booking Form: <http://www.arafemi.org.au/family-support/carers-education.html>

For further information, please contact Carer Helpline 1300550265, email [susan.preece@arafemi.org.au](mailto:susan.preece@arafemi.org.au)

## Description of Workshops & Seminars

<p><b><u>Carer Coping Skills</u></b>  <b>June Sat 19<sup>th</sup> 10am-1pm</b></p>	<p>This workshop aims to assist carers to explore issues in supporting someone with a mental health issue. Carers will develop self-care skills and feel more confident in communicating in difficult situations. The course also provides assistance with planning, treatment and recovery pathways.</p>
<p><b><u>Compassion Fatigue</u></b>  <b>March Tues 16<sup>th</sup> 7-9pm</b></p>	<p>Families and carers of people who have a mental health issue can experience physical and emotional exhaustion through their ongoing roles and responsibilities. In this seminar, families will learn about how to recognise compassion fatigue, and self-care strategies.</p>
<p><b><u>Challenging Behaviours</u></b>  <b>March Sat 20<sup>th</sup> 10am-1pm</b></p>	<p>Caring for a loved one with challenging behaviour can be emotionally exhausting. This workshop aims to enhance carers confidence and practical assertion skills</p>
<p><b><u>Partners</u></b>  <b>April Tues 20<sup>th</sup> 7-9pm</b></p>	<p>Partners of people with mental health issues face issues regarding their loved one's illness. The seminar will address issues concerning partners and will provide the opportunity to hear from how some partners manage and care for themselves.</p>
<p><b><u>Healthy Boundaries &amp; Communication</u></b>  <b>April Tues 27<sup>th</sup> 10am-1pm</b>  <b>October Sat 23<sup>rd</sup> 10am-1pm</b></p>	<p>One of the more difficult areas for carers of people with mental health conditions may be that of setting and maintaining limits and clearly defining personal boundaries. This workshop provides an opportunity to enhance these kinds of communication skills.</p>
<p><b><u>Being a Carer in the Mental Health System</u></b>  <b>May Sat 8<sup>th</sup> 10am-1pm</b>  <b>August Tues 3<sup>rd</sup> 7-9pm</b></p>	<p>Helping a family member towards recovery can be a lot easier when you are part of a supportive team. Learn about mental health services, including case management and ways to effectively communicate with the treatment team.</p>
<p><b><u>Recovery - how to support it</u></b>  <b>May Tues 18<sup>th</sup> 10am-1pm</b>  <b>Sep Tues 14<sup>th</sup> 10am-1pm</b>  <b>October Sat 9<sup>th</sup> 10am-1pm</b></p>	<p>This workshop aims to assist families &amp; carers of people with mental health issues to understand and support recovery. It utilises personal experience and building skills to help carers maintain hope, explore strengths and feel more effective as a caregiver.</p>
<p><b><u>Moving Beyond Loss &amp; Despair</u></b>  <b>May Tues 25<sup>th</sup> 7-9pm</b></p>	<p>Feelings of grief &amp; loss are common for families &amp; carers of people who have a mental health issue. This workshop will explore the different areas of loss for family &amp; friends as well as helping them to hold the hope for their loved one.</p>
<p><b><u>Sharing the Carers Experience</u></b>  <b>Carer Respite Event</b>  <b>June Tues 1<sup>st</sup> 10am-1pm</b></p>	<p>Tour of the Heide Gallery and Lunch at Vue Café. Carers can enjoy a guided tour of the gallery and take the opportunity to share their experiences of being a carer with Susan Preece, carer and ARAFEMI education officer</p>
<p><b><u>Dual Diagnosis (combined mental health issues drugs/alcohol dependence)</u></b>  <b>June Tues 8<sup>th</sup> 7-9pm</b></p>	<p>This interactive workshop will assist family carers to gain an understanding of Dual Diagnosis. This workshop focuses on causation, harm minimisation, stages of change, and coping strategies and self care for the family.</p>
<p><b><u>Future Planning</u></b>  <b>August Tues 17<sup>th</sup> 7-9pm</b></p>	<p>Planning for the future when caring for someone with mental health issues has individual challenges, as compared to caring for someone with a physical illness. This seminar will explore legal issues, wills, and various options to ensure your family member will be supported in the future.</p>
<p><b><u>Siblings</u></b>  <b>May Tues 11<sup>th</sup> 7-9pm</b>  <b>October Tues 19<sup>th</sup> 7-9pm</b></p>	<p>In this seminar, siblings will present their experience of living with someone with a mental illness. Some issues that will be explored are the role of a sibling within the family and how to support your own wellbeing. This seminar can also be helpful for parents and family support workers.</p>
<p><b><u>Relaxation &amp; Meditation Carer Respite Activity</u></b>  <b>October Tues 19<sup>th</sup> 9.30am-4.30pm</b></p>	<p>Relaxation and Meditation workshop in a tranquil setting, followed by a light lunch and an education session on relaxation techniques specific to carers. End the afternoon with a wander through local gardens and a chance to step back and enjoy the scenery.</p>