



ARAFEMI

270 Auburn Road Hawthorn
VIC 3122
Ph. (03) 9810 9300
Fax. (03) 9810 9399

2009 Carer Workshops

W1 Carers Coping Skills

Tues 24th Feb
Sat 20th June

This workshop aims to assist carers to explore issues in supporting someone with a mental illness. 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.

W2 Skills for Supporting Recovery

Sat 28th March
Tues 21st July

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.

W3 Challenging Behaviours

Tues 21st April
Sat 22nd August

Caring for a loved one with challenging behaviour can be emotionally exhausting. This workshop aims to enhance carers confidence and practical assertion skills when managing manipulation and potential violence.

W4 Communication with Professionals

Sat 23rd May
Tues 15th September

Helping a family member towards recovery can be a lot easier when you are part of a supportive team. Learn about mental health services and ways to effectively communicate with your relative's treatment team.

W5 Carers Week

Tues 20th October

Stress management and lunch at beautiful Montsalvat.

2009 Evening Seminars

S1. Compassion Fatigue

Wed 10th June

Families of people who have a mental illness can experience physical and emotional exhaustion through their caring responsibilities. In this seminar Wayne Lynch from the Australian Centre for Grief and Bereavement will explore how to recognise compassion fatigue, and self-care strategies.

S 2. Grief & Loss

Wed 13th May

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. An experienced grief counselor will facilitate the workshop.

S 3. Dual Diagnosis

Wed 12th August

This interactive workshop will assist family carers to gain an understanding of Dual Diagnosis (mental illness and use of drugs and alcohol). This workshop's focus is on causation, harm minimisation, stages of change, and coping strategies and self care for the family.

S 4. Future Planning

Wed 9th September

Planning for the future when caring for someone with a mental illness 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.

S 5. Siblings

Wed 11th November

In this seminar, two 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.

S6. Coping with Hearing Voices

Wed 8th April

This seminar will aid carers to learn about what it is like to hear voices, how to talk with their relative about voices and ways to cope that they can suggest when voices are a problem.

TIMES Workshops: 10am-1pm Seminars: 7-9pm

COST \$5 per Seminar/Workshop

LOCATION ARAFEMI, 270 Auburn Road, Hawthorn

Updated: March 12, 2009



BOOKING FORM One form per person

ARAFEMI Victoria Inc.
PO Box 83, Hawthorn VIC 3122
Ph. (03) 9810 9300
Fax. (03) 9810 9399
Reg. No. A0000883B
ABN: 21 094 487 229

BOOKING DETAILS

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ADDRESS (AND ORGNISATION AND POSITION IF APPLICABLE)

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EMAIL

Please DO NOT include me in the ARAFEMI e-News

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PAYMENT DETAILS

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TOTAL

Workshop and Seminars: \$5 booking fee
Offspring Group: \$20 booking fee (see website for cost and subsidies)
Professional development workshops: Varied cost, see website for details.
Respite Service: \$10 booking fee
NOTE: Booking fees are non-refundable

- Cash
- Cheque / Money Order payable to 'ARAFEMI Victoria'

Privacy Information:

Completion of this booking form is a requirement of the rules of ARAFEMI. Your name and address are retained in a confidential booking file and destroyed after a period of three months. Your address is used to send a confirmation letter. No details provided by you on this form are released to any body or corporation outside ARAFEMI Victoria.

Updated: March 12, 2009