



## 2009 Carer Workshops

### **W1 Carers Coping Skills**

Tues 24<sup>th</sup> Feb  
Sat 20<sup>th</sup> 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 28<sup>th</sup> March  
Tues 21<sup>st</sup> 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 21<sup>st</sup> April  
Sat 22<sup>nd</sup> 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 23<sup>rd</sup> May  
Tues 15<sup>th</sup> 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 11<sup>th</sup> March

Families and carers of people who have a mental illness 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.

### **S 2. Grief & Loss**

Wed 13<sup>th</sup> 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 8<sup>th</sup> July

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 9<sup>th</sup> 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 11<sup>th</sup> 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 8<sup>th</sup> 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



## BOOKING FORM One form per person

ARAFEMI Victoria Inc.  
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Reg. No. A0000883B  
ABN: 21 094 487 229

### BOOKING DETAILS

NAME OF SESSION

DATE OF SESSION

TITLE

FIRST NAME

LAST NAME

ADDRESS (AND ORGNISATION AND POSITION IF APPLICABLE)

SUBURB

STATE

POSTCODE

PHONE

MOBILE

EMAIL

Please DO NOT include me in the ARAFEMI e-News

Bankcard

Mastercard

Visa

Amount: \$

Expiry:  /

Name on Card:

Signature:

### PAYMENT DETAILS

COST

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. 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.