

# ARAFEMI Family Services Education Calendar 2011

(January 1 – June 30 only)



## Workshops and Seminars

Date	Time	Topic	Details
February Sat 5	10am-1pm	Carers Coping Skills	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.
February Tues 22	7pm-10pm	Compassion Fatigue	Families and carers of people who have a mental health issue can experience physical and emotional exhaustion through their ongoing roles and responsibilities. Learn about how to recognise compassion fatigue and use self-care strategies.
March Sat 5	10am-1pm	Healthy Boundaries & Communication	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.
March Tues 29	7pm-10pm	Family Members Seminar	All family members have different responses to their loved one developing a mental health condition. Partners, siblings, parents and offspring all face unique issues regarding their loved one's condition. This seminar will be interactive and people with personal stories of being family members will be facilitating the evening.
April Sat 2	10am-1pm	Recovery - how to support it	This workshop aims to assist families & 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 supporter of recovery.
May Tues 3	7pm-10pm	Moving Beyond Loss & Despair	Feelings of grief & loss are common for families & carers of people who have a mental health issue. This workshop will explore the different areas of loss for family & friends as well as helping them to hold the hope for their loved one.
May Tues 17	10am-3pm	Engaging and supporting carers in the advocacy process (for mental health workers)	Where does the carer fit within the mental health system? Navigating the mental health system can be challenging for carers. How can workers equip carers to find ways to speak for themselves in order to protect their rights and to advance the interests of the person they care for and their own interests.
May Tues 24	7pm-10pm	On the path to self-advocacy (for carers)	Learn how to champion the best interests of your loved one and yourself. This workshop assists carers to navigate the mental health system and effectively communicate his or her own interests, desires, needs and rights.
June Tues 7	10am-1pm	Carers Coping Skills	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.
<b>BENDIGO</b> June Sat 18	9am-4pm	Love. Laugh. Learn.	Fifth Rural Conference for families and carers. Contact St Lukes Bendigo direct on 03 5448 1000

**Note:** All seminars and workshops held at ARAFEMI cost \$5. Tea & coffee is provided. All seminars and events are held at ARAFEMI 270 Auburn Road Hawthorn. For bookings or more information regarding any workshop or seminar call the Carer Help Line on 1300 550 265 or email [susan.preece@arafemi.org.au](mailto:susan.preece@arafemi.org.au)

## Respite Activities

Date	Time	Activity	Details
March Wed 23	9.30am-4pm	Cuckoo restaurant and walk in the Dandenongs	Situated in the Dandenong Ranges, The Cuckoo Restaurant is today one of the world's most renowned Swiss – Bavarian smorgasbord restaurants. The full buffet lunch includes 5 courses and 3 hours of Bavarian style entertainment. After lunch walk through the National Rhododendron Gardens.
May Wed 11	9.30am-4pm	Tutankhamun Exhibition at the Melbourne Museum	For the first time in Australia's history, the record-breaking Tutankhamun and the Golden Age of the Pharaohs exhibition visits Melbourne for its only Australian stop before Egypt's treasures return to Cairo. Revel in the splendor of Ancient Egypt as you view a dazzling array of possessions unearthed from Tutankhamun's tomb.
June Wed 15	9.30am-4pm	Pip's cooking school – innovating your cuisine	Take the mystery, but not the magic, out of cooking a sumptuous meal. Pip's Cooking School has tailored a special cooking class for ARAFEMI that includes the best dishes from her beginners, Italian, Fish of the Day and dessert classes.

**Note:** A \$10 attendance fee per person is required to secure your place. For bookings or more information regarding our respite activities phone the Respite Team at ARAFEMI on 9810 9300

## Support Groups

Day	Time	Activity	Details	Venue
1st WEDNESDAY each month: Feb 2, Mar 2, April 6, May 4, Jun 1	7.00pm-9.00pm	Borderline personality disorder family & carers group	Open support and information group for carers of people with a Borderline Personality Disorder	ARAFEMI, Ground Floor, 270 Auburn Rd, Hawthorn
2nd THURSDAY each month: Feb 10, Mar 10, April 14, May 12, Jun 9	7.30pm-9.30pm	Bridging the Gaps – Eastern	Education, information and support for parents and family carers	ARAFEMI, Ground Floor, 270 Auburn Rd, Hawthorn
3rd WEDNESDAY each month: Feb 9, Mar 16, April 20, May 18, Jun 15	7.30pm-9.30pm	Bipolar Consumer Support Group	Open support group for people experiencing bipolar disorder	ARAFEMI, Ground Floor, 270 Auburn Rd, Hawthorn
1st THURSDAY every 2 months: Feb 3, April 7, Jun 2,	7.30pm-9.30pm	Bipolar Carer Support Group	A bi-monthly group supporting carers of people with bipolar disorder	ARAFEMI, Ground Floor, 270 Auburn Rd, Hawthorn
1st THURSDAY every 2 months: Mar 3, May 5	7.30pm-9.30pm	Bipolar Combined Carer and Consumer Support Group	A bi-monthly group supporting carers of people with bipolar disorder and people experiencing bipolar disorder	ARAFEMI, Ground Floor, 270 Auburn Rd, Hawthorn
2nd WEDNESDAY each month: Feb 9, Mar 9, April 13, May 11, Jun 8	7.00pm-9.00pm	Caring 4 Carers Group - High Street	Open support and information group for carers of someone with a mental illness	Preston Neighborhood House, 218 High Street, Preston
4th WEDNESDAY each month: Feb 23, Mar 23, April 27, May 25, Jun 22	12.30pm-2.30pm	Caring 4 Carers Group - Wood Street	Open support and information group for carers of someone with a mental illness	131 Wood Street, Preston
3rd WEDNESDAY each month: Mar 16, April 20, May 18, Jun 15	7.00pm-9.00pm	Northern Families & Carers of People with a Borderline Personality Disorder	Open support and information group for carers of people with a Borderline Personality Disorder	ARAFEMI, Level 2, 76-80 Turnham Av, Rosanna
1st WEDNESDAY each month: Feb 2, Mar 2, April 6, May 4, Jun 1	7.00pm-9.00pm	Partners Group - Rosanna	Open support and information for partners of someone with a mental illness	ARAFEMI, Level 2, 76-80 Turnham Av, Rosanna

**Note:** There is no cost to attend a support group. To book a support group or for further information call the Carer Helpline 1300 550 265 or email [neha.verma@arafemi.org.au](mailto:neha.verma@arafemi.org.au)

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