

ARAFEMI Family Services Workshops Calendar 2012



Topic	Details	Date & Venue	Time
Carers Coping Skills	This workshop aims to assist carers to explore issues relating to supporting someone with a mental health issue. Carers will develop self-care skills and feel more confident when communicating in difficult situations. The course also provides assistance with planning, treatment and recovery pathways.	Sat 11 Feb - ARAFEMI Hawthorn Sat 17 Mar - Northpark Hospital Tues 15 May - ARAFEMI Dandenong Sat 15 Sept - ARAFEMI Hawthorn	10am-1pm 10am-1pm 7-9pm 10am-1pm
Grief & Loss Seminar	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.	Tues 21 Feb - ARAFEMI Hawthorn	7pm-9pm
Recovery and Hope	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.	Sat 12 May - Northpark Hospital Sat 21 July - ARAFEMI Hawthorn Sat 20 Oct (Carers Week) - Northpark Hospital Sat 17 Nov - ARAFEMI Dandenong	10am-1pm
Challenging Behaviours	One of the more difficult areas for carers of people with mental health conditions is that of challenging behaviours and setting and maintaining limits and clearly defining personal boundaries. This workshop also provides an opportunity to enhance communication skills.	Sat 18 Aug - Northpark Hospital	10am-1pm
Future Planning	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.	Tues 28 Aug - ARAFEMI Hawthorn	7pm-9pm

Note: All seminars and workshops held at ARAFEMI cost \$5. Tea & coffee is provided.

Venue details:

ARAFEMI Hawthorn - 270 Auburn Road, Hawthorn | **Northpark Hospital** - Cnr Plenty & Greenhills Roads, Bundoora | **ARAFEMI Dandenong** - Level 1, 345 Lonsdale Street, Dandenong

For bookings or more information regarding any workshop call the Carer Help Line on 1300 550 265, Arafemi on 9810 9300 or email volunteers@arafemi.org.au

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Promoting and improving the well being of people affected by mental illness