

Carers NSW - Family and Carer Training Calendar

Greater West

January 2009 – June 2009



Date	Program	Location	Contact
October 2009			
13 TH – 15 TH October	SMILES	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
26 th October – 21 st December	Eight Stage Healing Process (via teleconference)	Greater Western Area	Sonia Oldfield 6884 7200 0423 767 626
December 2009			
1 st – 4 th December	Carer Life Course & Self Care Sessions	Gilgandra, Coonabarabran, Coonamble, Lightning Ridge	Sonia Oldfield 6884 7200 0423 767 626
22 nd December	Christmas Art Workshop (for Young Carers) FULL	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
February 2010			
2 nd February – 6 th April	Eight Stage Healing Process (via teleconference)	Greater Western Area	Sonia Oldfield 6884 7200 0423 767 626
27 th – 28 th February	Foundations	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
Dates to be confirmed	Regular Bimonthly Information Sessions (new topic every fortnight)	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
March 2010			
Date to be Confirmed	Koori Yarning	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
Dates to be confirmed	Regular Bimonthly Information Sessions (new topic every fortnight)	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
April 2010			
13 th – 15 th April	SMILES	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
Dates to be confirmed	Regular Bimonthly Information Sessions (new topic every fortnight)	Dubbo	Sonia Oldfield 6884 7200 0423 767 626

May 2010			
5 th – 6 th May	Foundations	Venue to be confirmed	Sonia Oldfield 6884 7200 0423 767 626
Dates to be confirmed	Introduction to Yoga Classes	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
Dates to be confirmed	Regular Bimonthly Information Sessions (new topic every fortnight)	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
June 2010			
2 nd – 3 rd June	Foundations	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
Dates to be confirmed	Introduction to Yoga Classes	Dubbo	Sonia Oldfield 6884 7200 0423 767 626
Dates to be confirmed	Regular Bimonthly Information Sessions (new topic every fortnight)	Dubbo	Sonia Oldfield 6884 7200 0423 767 626

Summary of programs:

Foundations - An education program for families & carers of people with mental health problems.

- 2 day course for adult family and carers
- Increases knowledge of mental illness and the caring role, the mental health system, coping strategies and self care

Julie Tallard Johnson's Eight Stage Healing Process (8 Stages)

- For adult family and carers
- Assistance in working through own healing process
- 9-week therapeutic group that assists carers to reach "purposeful coping"

Koori Yarning

- For adult aboriginal carers
- Brings together Koori elders, carers and service providers in a 'camp setting' to talk about the experience of Koori carers and to identify how services can be more accessible

Erica Pitman's SMILES (Simplifying Mental Illness + Life Enhancement Skills)

- For 8-12 year old young carers
- Age-appropriate education about mental illness and life skills to enhance coping

Talk Link

- Telephone based program
- For carers who are geographically and/or socially isolated or mobility impaired
- Explores emotional impact of caring, strategies for managing everyday life and reducing social isolation

Carer Life Course & Self Care Sessions

- 2 hour session
- Introducing the life course frame work and ideas to assist carers with self care activities

Art Workshop for Young Carers

- 2 hour session
- Introducing the benefit of self expression, awareness and relaxation through creativity

→ **Carers do not need to be on a Carers Pension to be eligible for our programs**

→ **All programs are FREE**