

# North Coast Area



## Training Calendar Jan – June 2010



### Upcoming programs -

#### Feb

**Feb 8<sup>th</sup>**                      **Carer Basics Lismore MHU**  
Contact: Clint Berry

**Feb 15- May 3**              **8 Stages of Healing**  
10 weeks  
Port Macquarie  
Contact: Claudia Richardson

**Feb 3<sup>rd</sup>- April 14**        **8 Stages Lismore**  
10 weeks  
Contact: Tamera Staier

**Feb – April**                **Carer Connect**  
8 sessions  
Port Macquarie Hospital  
Contact: Claudia Richardson

#### March

**March 2<sup>nd</sup> & 3<sup>rd</sup>**        **Foundations Ballina**  
Contact: Clint Berry

#### April

**April 12-14**                **Smiles Kempsey**  
Contact: Claudia Richardson

**April 13-15**                **Smiles Coffs Harbour**  
Contact: Jennifer Gray

**April Date TBA**            **Smiles Lismore Area**  
Contact: Tamera Staier

**April- June**                **8 Stages Of Healing**  
10 weeks  
Kempsey  
Contact: Claudia Richardson

**April – May**                **Carer Connect**  
Kempsey Base Hospital  
Contact: Kempsey Hospital

**TBA**                            **Carer Basics Lismore MHU**  
Contact: Clint Berry

**April 22 & 23**              **Remind Workshops and Self Care Event**  
Port Macquarie/Kempsey  
Contact: Claudia Richardson

#### May

**May 5 & 6**                    **Remind Workshops and Self Care Event**  
Coffs Harbour/Nambucca  
Contact: Jennifer Gray

**May 25 – 27**                **Koori Yarning**  
Mid North Coast  
Contacts: Jennifer Gray & Claudia Richardson

#### June

**June 7 & 14**                **Foundations**  
Port Macquarie  
Contact: Claudia Richardson

**June 10 & 17**              **Foundations**  
Coffs Harbour  
Contact: Jennifer Gray

**June TBA**                    **Koori Yarning Richmond**  
Contact Tamera Staier  
Or Clint Berry

**TBA**                            **Bipolar Group**  
Coffs Harbour MHU  
Contact Jennifer Gray

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## **Carers NSW Carer Education 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
- Carers do not need to be on a Carers Pension to be eligible for our programs**
- All programs are FREE**