

# Family and Carer Training Calendar

## Carers NSW - South East Sydney & Illawarra Area

January – June 2010

### January

19-21 Jan  
(3 days)

#### **SMILES - Nowra**

*Aboriginal Kids*

Contact Lorna Downes

Ph 4285 0155 or 0400 331 075

25 Jan-29 Mar  
(10 weeks)

#### **Yoga – Bondi Junction**

Contact Christine Comito

Ph 9280 4744 or 0400 772 268

25 Jan-29 Mar  
(10 weeks)

#### **Eight Stages - Minnamurra**

Contact Lorna Downes

Ph 4285 0155 or 0400 331 075

### February

6 & 7 Feb  
(2 days)

#### **Mental Health First Aid - Kogarah**

Contact Erika Day

Ph 4285 0155 or 0488 770 127

17 & 18 Feb  
(2 days)

#### **Foundations – Bondi Junction**

Contact Christine Comito

Ph 9280 4744 or 0400 772 268

19-21 Feb  
(3 days)

#### **Koori Yarning - Wollongong**

Contact Erika Day

Ph 4285 0155 or 0488 770 127

25 & 26 Feb  
(2 days)

#### **Youth Mental Health First Aid -**

*Nowra*

Contact Erika Day

Ph 4285 0155 or 0488 770 127

### March

9 Mar-27 Apr  
(8 weeks)

#### **Talk Link**

*Teleconference*

Contact Christine Comito

Ph 9280 4744 or 0400 772 268

19 & 26 Mar  
(2 days)

#### **Foundations - Dapto**

Contact Lorna Downes

Ph 4285 0155 or 0400 331 075

### April

28 Apr-23 Jun  
(9 weeks)

#### **Eight Stages**

*Teleconference*

Contact Lorna Downes

Ph 4285 0155 or 0400 331 075

### May

24 & 31 May  
(2 days)

#### **Foundations - Sutherland**

Contact Christine Comito

Ph 9280 4744 or 0400 772 268

### June

25-27 June  
(3 days)

#### **Koori Yarning - Sydney**

Contact Christine Comito

Ph 9280 4744 or 0400 772 268

#### **Course Summaries:**

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

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

##### **Eight Stage Healing Process (8 Stages)**

- For adult family and carers
- Assists relatives and friends to improve their own quality of life while supporting recovery

##### **Talklink**

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

##### **Koori Yarning**

- For aboriginal carers
- Brings together Aboriginal elders, carers and service providers to yarn about the experience of caring for another and to identify how services can be more accessible

##### **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

##### **Mental Health First Aid**

- For adult family and carers
- First aid skills for mental health crisis situations and emerging mental health problems

##### **Youth Mental Health First Aid**

- For adult family and carers of young people
- First aid skills supporting young people experiencing mental health crisis or emerging mental health problems

##### **Info Sessions**

- One-off information sessions on various topics to do with caring and mental health
- If you have any suggestions for information sessions, please let us know!

## **All Programs are FREE**

→ Carers **do not** need to be receiving Carer Payment/Allowance to be eligible for our programs

