

# Family and Carer Training Calendar

## Carers NSW - South East Sydney & Illawarra Area

July - September 2010

### July

22 July

#### Information Session - Kogarah

*Relaxation for Carers*

Contact Bozena Zawisz

Ph 9280 4744 or 0488 770 127

27 July

#### Information Session – Bondi Beach

*Relaxation for Carers*

Contact Bozena Zawisz

Ph 9280 4744 or 0488 770 127

27 July

#### Information Session – Thirroul

*Boundaries*

Contact Lorna Downes

Ph 4285 0155 or 0400 331 075

### August

9 & 10 Aug

(2 days)

#### Mental Health First Aid - Menai

Contact Lorna Downes

Ph 4285 0155 or 0400 331 075

11 & 12 Aug

(2 days)

#### Foundations – Nowra

Contact Rebecca Prince

Ph 4422 6514 or 0403 682 958

25 Aug-29 Sep

(6 weeks)

#### Partners In Depression - Nowra

Contact Rebecca Prince

Ph 4422 6514 or 0403 682 958

### September

1 & 2 Sep

(2 days)

#### Foundations – Bulli

Contact Lorna Downes

Ph 4285 0155 or 0400 331 075

14 & 15 Sep

(2 days)

#### Foundations - Menai

Contact Lorna Downes

Ph 4285 0155 or 0400 331 075

TBC

(3 days)

#### Koori Yarning

Contact Lorna Downes

Ph 4285 0155 or 0400 331 075

#### Course Summaries:

##### **Foundations - An education program for families and 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!

##### **Partners In Depression**

- A group education program for families and friends of people with depression
- Increases knowledge about depression and treatment
- Enhances capacity to support a person with depression

#### All Programs are FREE

→ Carers **do not** need to be receiving Carer

Payment/Allowance to be eligible for our programs

