

# North Coast Area (Hastings/Macleay)



## Training Calendar July – Dec 2009



### Upcoming programs -

Contact for all programs:  
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<b>Aug 3 – Oct 12</b> 10 weeks	<b>8 Stages of Healing</b> Port Macquarie
<b>Aug 25 &amp; Sept 1</b> 2 sessions	<b>Foundations</b> Kempsey
<b>August 5 – Oct 14</b> 10 weeks	<b>8 Stages of Healing</b> Kempsey
<b>Sept 17 &amp; 18</b> 2 sessions	<b>Foundations</b> Wauchope
<b>October school Holidays</b> 3 day program	<b>SMILES</b> Kempsey
<b>Oct – Nov</b> 8 sessions	<b>Carer Connect</b> PMQ Base Hospital

### Summary of programs:

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

- For adult family and carers
- Beginning level knowledge, coping strategies and informal support

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

- For adult family and carers
- Assistance in working through own healing process
- Assist carers to reach 'purposeful coping'

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

- For 8-12 yr old young carers
- Age-appropriate education about mental illness and life skills to enhance coping
- Fun and creative activities to help children look at mental health issues