

Mental Health Carer Education Workshops February and March 2024

Topic	Date	Time
Sawtell Education Sessions: Mission Australia - 1/26 First Avenue		
Art Group	Mon 5 th Feb	1.00 – 3.00
Cultivating Hope in Grief & Loss	Thu 8th Feb	1.00 – 3.00
Adult ADHD	Mon 12 th Feb	1.00 – 3.00
Drugs, Alcohol & Mental Health	Tues 20 th Feb	1.00 – 3.00
Writing Group (every 3 rd Wed of month)	Wed 21 st Feb	10.00 - 12.00
Understanding Schizophrenia	Mon 4 th Mar	1.00 – 3.00
Understanding Borderline Personality Disorder (BPP)	Mon 11 th Mar	1.00 – 3.00
Writing Group (2 nd Wed just for this month)	Wed 13 th Mar	10.00 – 12.00
Disability Advocacy Info Session (guest speaker)	Mon 25 th Mar	10.00 – 12.00
Mindful Walking Group (every Tuesday – various venues, contact Libby for starting point)	6 th , 13 th , 20 th , 27 th Feb 5 th , 12 th , 26 th March	8.30 – 9.30

Topic	Date	Time
Urunga & Nambucca Heads Education Sessions:		
Effective Communication (Nambucca Library)	Mon 26 th Feb	10.00-12.00
Art and Mindfulness (Nambucca Library)	Thu 21 st Feb	1.00 – 3.00
Woolgoolga Education Sessions: Woopi Community Gardens		
Art Group	Wed 28 th Feb	1.00-3.00
Art Group	Wed 27 th Mar	1.00-3.00
Dorrigo & Ulong Education/Support Sessions: Venue TBC		
Wellbeing Group (Ulong)	Tues 27 th Feb	10.30 – 12.30
	Tues 26 th Mar	10.30 – 12.30
Wellbeing Group (Dorrigo)	Mon 19 th Feb	10.30 – 12.30
	Mon 18 th Mar	10.30 – 12.30

To register (essential) or to find out more information please contact:

Libby Crispin – Education and Training Coordinator

Phone: 0427 378 608

Email: crispinl@missionaustralia.com.au

Mental Health Carer Education Workshop Calendar February and March 2024

**Please note all groups are subject to change so it is important to contact program before attending 0427 378 608*

Understanding Schizophrenia – Sawtell

This workshop will cover information about what is schizophrenia, symptoms of living with schizophrenia, causes, factors, treatments, recovery and stigma. This workshop will also explore the role of the carer in the relationship to their loved one who has this condition

Understanding Borderline Personality Disorder (BPD) – Sawtell

Borderline Personality disorder (BPD) is greatly misunderstood condition. This workshop will cover information about the characteristics of BPD & recommend treatments. It also explores the role of the carer in the relationship to their loved one who has this condition.

Disability Advocacy Information Session – Sawtell

The Regional manager of Disability Advocacy NSW will attend this session to talk about what his service does and how it may be of benefit for those we care for.

Cultivating Hope in Grief and Loss – Sawtell

This workshop is designed to offer carers the opportunity to reflect on the emotional experience of loss and grief through their caring role. It also places great emphasis on the importance of developing and maintaining hope.

Drugs, Alcohol and Mental Health – Sawtell

This workshop looks at what is dual diagnosis, signs and symptoms, self-medicating, problems and issues, treatment, coping strategies and how can I help my loved one.

Understanding Adult ADHD – Sawtell

This workshop looks at what is ADHD in adults, signs and symptoms, self-medicating, problems and issues, treatment, coping strategies and how we can gain a deeper understanding of the condition and best help our loved ones.

Mindful Walking Group - Coffs Harbour

Come along and enjoy nature, do some gentle exercise and have a chat. Various locations such as The Jetty, Botanical Gardens, Urunga Boardwalk.

Writing Group - Sawtell

This is an informal creative writing group that meets once a month to flex our creative muscle and to explore some deep emotions. No experience in creative writing is necessary & the group is free to attend! Just bring yourself, and a willingness to enjoy something new.

Effective Communication – Nambucca Heads

This workshop will cover what is effective communication, barriers to effective communication and some practical skills to try to improve your communication with others.

Art Group – Woolgoolga/Sawtell/Nambucca

Art Group is a chance for carers to learn creative ways to combine art making as a form of self-care and gentle self-exploration. This program helps carers to open the door to creativity as a valuable self-care tool even if they feel they have no real artistic or creative talents or experience.

Wellbeing Groups – Ulong & Dorrigo

Various activities each month focusing on art, self-care, mindfulness and information sessions.

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