

# Mental Health Carer Education Workshops August & September 2023

Topic	Date	Time	Topic	Date	Time
<b>Sawtell Education Sessions: Mission Australia - 1/26 First Avenue</b>			<b>Urunga &amp; Nambucca Heads Education Sessions: Venue upon registration</b>		
Writing Group (Every 3 <sup>rd</sup> Wed each month)	Wed 16 <sup>th</sup> Aug	10.00 - 12.00	Building Self Worth ( <b>Nambucca</b> )	Mon 7 <sup>th</sup> Aug	10.00-12.00
Understanding Eating Disorders	Wed 16 <sup>th</sup> Aug	2.00 – 4.00	Cultivating Hope in Grief and Loss ( <b>Urunga</b> )	Mon 21 <sup>st</sup> Aug	1.00 – 3.00
Understanding Boundaries	Tues 22 <sup>nd</sup> Aug	1.00 – 3.00	Understanding Boundaries ( <b>Nambucca</b> )	Mon 4 <sup>th</sup> Sept	10.00 – 12.00
Financial Counselling: How can it help?	Tues 5 <sup>th</sup> Sept	1.00 – 3.00	Understanding Depression and Anxiety ( <b>Urunga</b> )	Mon 18 <sup>th</sup> Sept	1.00 – 3.00
The Carer Role and Self Care	Wed 6 <sup>th</sup> Sept	1.00 – 3.00			
Disability Advocacy Information Session	Tues 19 <sup>th</sup> Sept	10.00 – 12.00	<b>Woolgoolga Education Sessions: Woolgoolga Neighbourhood Centre</b>		
Writing Group (Every 3 <sup>rd</sup> Wed each month)	Wed 20 <sup>th</sup> Sept	10.00 – 12.00	Art Group	Wed 30 <sup>th</sup> Aug	1.00-3.00
Recovery and Resilience	Wed 27 <sup>th</sup> Sept	10.00 – 12.00	Art Group	Wed 20 <sup>th</sup> Sept	1.00-3.00
			<b>Dorrigo &amp; Ulong Education/Support Sessions: venue upon registration</b>		
Walking Group (Jetty Yacht Club – every 2 <sup>nd</sup> Thurs)	Thu 24 <sup>th</sup> August	9.00-10.30	Wellbeing Group ( <b>Ulong</b> )	Tues 29 <sup>th</sup> Aug	10.30 – 12.30
	Thu 7 <sup>th</sup> & 21 <sup>st</sup> Sept	9.00-10.30		Tues 26 <sup>th</sup> Sept	10.30 - 12.30
			The Carer Role and Self Care ( <b>Dorrigo</b> )	Tues 12 <sup>th</sup> Sept	10.30 – 12.30

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

**Libby Crispin – Education and Training Coordinator**

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## Mental Health Carer Education Workshop Calendar August/September 2023

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

### **The Carer Role & building self-care – Sawtell & Dorrigo**

The purpose of this group is to offer carers a foundational understanding of their role. The role of the mental health carer is put into context along with some insight into challenges, losses and gains, and boundaries. Carers are in a position of constantly giving and as a result lose sight of who they are, their rights and sense of self.

### **Building self-worth – Nambucca**

This workshop covers what is self-worth, how we determine it and how we enhance and recognise it as well as taking responsibility.

### **Understanding Eating Disorders – Sawtell**

The Mid North Coast Local Health District Eating Disorders Coordinator is our special guest at this session. They will present an overview of Eating Disorders and how carers can support the person they care for.

### **Understanding Boundaries – Nambucca**

This workshop is designed to support carers with developing healthy boundaries by identifying what is already working and what they would like to be different in their lives. This is a great workshop for any carer who is feeling overwhelmed and burnt out.

### **Walking Group - Coffs Harbour**

Come along and enjoy nature, do some gentle exercise and have a chat.

### **Writing Group - Sawtell**

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

### **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.

### **Recovery and resilience – Sawtell**

What do we mean when we talk about recovery in mental health? This session will give you a deeper understanding of the recovery model used in mental health today. You will leave with an instilled sense of hope and understanding that recovery is truly possible for everyone.

### **Art Group - Woolgoolga**

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.

### **Cultivating Hope in grief and loss- Urunga**

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.

### **Understanding Depression and Anxiety – Urunga**

The workshop covers information about what is depression & anxiety, the signs and symptoms, possible causes, depressive disorders and treatments. Helps carers to gain awareness and understanding to better support their loved one.