

# 2020 GROUP PROGRAM SCHEDULE JULY - DECEMBER

## TOWNSVILLE

### DOING ANGER DIFFERENTLY

TOWNSVILLE

Fridays 24 July - 28 Aug | 9:00am - 11:30am  
Six Week Program

### OPERATION LIFE: ASIST

TOWNSVILLE

Tues 28 - Wed 29 July | 9:00am - 5:00pm  
Two Day Workshop

Tues 6 - Wed 7 Oct | 9:00am - 5:00pm  
Two Day Workshop

Wed 2 - Thurs 3 Dec | 9:00am - 5:00pm  
Two Day Workshop

### SLEEPING BETTER

TOWNSVILLE

Mon 3 - Tues 4 Aug | 9:00am - 4:00pm  
Two Day Program

### 123 MAGIC AND EMOTION COACHING PARENT COURSE

TOWNSVILLE

Mondays 10, 17 & 24 Aug | 9:00am - 11:30am  
Three Week Program

### STEPPING OUT

TOWNSVILLE

Tues 11 - Wed 12 Aug | 9:00am - 4:00pm  
Two Day Workshop

Wed 25 - Thurs 26 Nov | 9:00am - 4:00pm  
Two Day Workshop

### RELAXATION AND MINDFULNESS

TOWNSVILLE

Wed 19 Aug | 9:00am - 4:00pm  
One Day Program

### MENTAL HEALTH FIRST AID

TOWNSVILLE

Wed 2 - Thurs 3 Sept | 9:00am - 4:30pm  
Two Day Workshop

Thurs 19 - Fri 20 Nov | 9:00am - 4:30pm  
Two Day Workshop

### OPERATION LIFE: SAFETALK

TOWNSVILLE

Wed 9 Sept | 9:00am - 1:00pm  
Half Day Workshop

### BUILDING BETTER RELATIONSHIPS

TOWNSVILLE

Thurs 17 - Fri 18 Sept | 9:00am - 5:00pm  
Two Day Program

### UNDERSTANDING YOUR ANXIETY

TOWNSVILLE

Tuesdays 27 Oct - 1 Dec | 9:00am - 11:30am  
Six Week Program

### UNDERSTANDING PTSD FOR CARERS AND FAMILIES

TOWNSVILLE

Wed 4 Nov | 9:00am - 4:00pm

One Day Program - This program provides partners, carers and families with an understanding of PTSD, focusing on the impact of PTSD on individuals and relationships, promotion of health and well-being in carers and an outline of resources.

*\*Calendar is current as of July 2020\**

Please note, Open Arms provides a range of educational online and face-to-face workshops. These groups are scheduled on demand. To register your interest and for the most up to date information visit:  
<https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>

## BEATING THE BLUES

A skills-based group program to help understand the situations and thinking patterns that contribute to depression, and identify strategies to help manage symptoms.

## BUILDING BETTER RELATIONSHIPS

Building better relationships can help you rediscover what's important in your relationship, and rebuild a relationship with your partner.

## DOING ANGER DIFFERENTLY

Doing anger differently will help you to understand anger and manage it more effectively, so that it doesn't have a negative impact on your own, or others' lives.

## MANAGING PAIN

This program will help you learn about pain and teaches you strategies and skills for effective pain management.

## MENTAL HEALTH FIRST AID

Mental Health First Aid is a two day workshop that teaches practical skills for helping a family member or friend who is experiencing mental health problems.

## OPERATION LIFE: ASIST

The two day workshop aims to help you see, hear and respond to suicide signals. Preparing you to work with people at risk, increase their immediate safety and to get further help.

## OPERATION LIFE: SAFETALK

In the safeTALK half day workshop you will learn how to become more alert to suicide prevention opportunities, and how to offer help.

## PARENTING PROGRAMS

Parenting programs are tailored to the needs of attending veteran families, to help build strong and positive relationships between parents and their children.

## RECOVERY FROM TRAUMA

This program will help you to understand the possible impact of trauma, and teaches you strategies and skills to help you to manage its impact on you and your family.

## RELAXATION AND STRESS MANAGEMENT

Relaxation and stress management provides practical skills that can be used in everyday life to de-stress via mindfulness techniques.

## RESIDENTIAL LIFESTYLE PROGRAM

The Residential lifestyle management program is designed for veterans and their partners who want to enhance their wellbeing and relationships.

## SLEEPING BETTER

Sleeping better is an educational and skills-based group program to help you manage disturbed sleep.

## STEPPING OUT

A two day program for ADF members and their partners who are about to, or have recently separated from the military.

## UNDERSTANDING ANXIETY

This program will help you to understand anxiety and teaches you strategies and skills to reduce anxiety and associated stress.