

Arafmi Family Services Calendar 2012

Workshops and Seminars

AREA	DATE	TIME	TOPIC	DETAILS
Fremantle	25th January 2012	10:00am - 4:00pm	Difficult Behaviours	The Coping with Difficult Behaviours workshop is a 1 day course that teaches carers how to help a person with a mental health issue and how to deal with challenging behaviours that mental illness can present such as aggression, learned behaviours and pushing boundaries.
Rockingham	January - June 2012	To be confirmed	Ambiguous Loss	This workshop helps carers deal with the impact of ambiguous loss. In other words, it helps carers cope with ongoing grief that can happen when you are caring for someone with mental illness. We will look what makes up ambiguous loss and why it is not always recognised by the wider community. We will also introduce a number of simple but profound skills and techniques that carers can use to manage this type of loss.
Mandurah	January - June 2012	To be confirmed	Ambiguous Loss	This workshop helps carers deal with the impact of ambiguous loss. In other words, it helps carers cope with ongoing grief that can happen when you are caring for someone with mental illness. We will look what makes up ambiguous loss and why it is not always recognised by the wider community. We will also introduce a number of simple but profound skills and techniques that carers can use to manage this type of loss.
Mandurah	6th February 2012	To be confirmed	Difficult Behaviours	The Coping with Difficult Behaviours workshop is a 1 day course that teaches carers how to help a person with a mental health issue and how to deal with challenging behaviours that mental illness can present such as aggression, learned behaviours and pushing boundaries.
Joondalup	13th February - 19th March 2012	10:00am - 12:00pm	Partners in Depression	Partners in Depression aims to provide participants with an increased understanding of depression, and to teach them some skills for managing the impact of depression on their emotions, relationships and lifestyle.
Rockingham	20th February 2012	To be confirmed	Difficult Behaviours	The Coping with Difficult Behaviours workshop is a 1 day course that teaches carers how to help a person with a mental health issue and how to deal with challenging behaviours that mental illness can present such as aggression, learned behaviours and pushing boundaries.
Broome	20th February 2012	To be confirmed	Ambiguous Loss	This workshop helps carers deal with the impact of ambiguous loss. In other words, it helps carers cope with ongoing grief that can happen when you are caring for someone with mental illness. We will look what makes up ambiguous loss and why it is not always recognised by the wider community. We will also introduce a number of simple but profound skills and techniques that carers can use to manage this type of loss.
Broome	5th March - 18th April	Monday 12:00pm - 5:00pm	Partners in Depression	Partners in Depression aims to provide participants with an increased understanding of depression, and to teach them some skills for managing the impact of depression on their emotions, relationships and lifestyle.
Carnarvon	7th March - 18th April 2012	Wednesdays 10:00am - 3:00pm	Partners in Depression	Partners in Depression aims to provide participants with an increased understanding of depression, and to teach them some skills for managing the impact of depression on their emotions, relationships and lifestyle.
Whitfords	15th March 2012	10:00am - 4:00pm	Assertiveness Skills	This workshop looks at assertive communication techniques when faced with a loved one who has a mental health issue. We investigate goal setting, dealing With difficulties, and things to consider when delivering the ASSERTIVE message.
Fremantle	7th March & 11th April 2012	10:00am - 12:00pm	Partners in Depression	Partners in Depression aims to provide participants with an increased understanding of depression, and to teach them some skills for managing the impact of depression on their emotions, relationships and lifestyle.
Fremantle	25th May 2012	9.30am - 3.30pm	Assertiveness Skills	This workshop looks at assertive communication techniques when faced with a loved one who has a mental health issue. We investigate goal setting, dealing With difficulties, and things to consider when delivering the ASSERTIVE message.
Carnarvon	14th June 2012	9.30am-3.30pm	Assertiveness Skills	This workshop looks at assertive communication techniques when faced with a loved one who has a mental health issue. We investigate goal setting, dealing With difficulties, and things to consider when delivering the ASSERTIVE message.
Carnarvon	16th August 2012	10:00am - 4:00pm	Difficult Behaviours	The Coping with Difficult Behaviours workshop is a 1 day course that teaches carers how to help a person with a mental health issue and how to deal with challenging behaviours that mental illness can present such as aggression, learned behaviours and pushing boundaries.

Note: Please confirm your attendances as venues and dates may change.

Arafmi Carers Support Groups 2012

AREA	VENUE	DATE	TIME	DETAILS
PERTH	182 Lord Street, PERTH 6000	2nd Friday of each month: Jan 13, Feb 10, Mar 9, Apr 13, May 11, Jun 8, Jul 13, Aug 10, Sep 14, Oct 12, Nov 9, Dec 14	10:00 am - 12:00 pm	Open support and information group for carers of someone with a mental illness
WHITFORDS	6/32 Endeavour Road, HILLARYS 6025	2nd Wednesday of each month: Jan 11, Feb 8, Mar 14, Apr 11, May 9, Jun 13, Jul 11, Aug 8, Sep 12, Oct 10, Nov 14, Dec 12	10:30 am - 12:30 pm	Open support and information group for carers of someone with a mental illness
WHITFORDS	6/32 Endeavour Road, HILLARYS 6025	2nd Thursday of each month: Jan 12, Feb 9, Mar 8, Apr 12, May 10, Jun 14, Jul 12, Aug 9, Sep 13, Oct 11, Nov 8, Dec 13	5:00 pm - 7:00 pm	Open support and information group for carers of someone with a mental illness
MIDLAND	St. Vincent de Paul Society (WA) Inc. 2 Bayley Street, WOODBRIDGE	4th Friday of each month: Jan 27, Feb 24, Mar 23, Apr 27, May 25, Jun 22, Jul 27, Aug 24, Sep 28, Oct 26, Nov 23	10:00 am - 12:00 pm	Open support and information group for carers of someone with a mental illness
MANDURAH	Community First 98 Mandurah Terrace, MANDURAH	2nd Monday of each month: Jan 9, Feb 13, Mar 12, May 14, Jun 11, Jul 9, Aug 13, Sep 10, Oct 8, Nov 12, Dec 10	1:00 pm - 3:00 pm	Open support and information group for carers of someone with a mental illness
MANDURAH	Community First 98 Mandurah Terrace, MANDURAH	3rd Thursday of each month: Jan 19, Feb 16, Mar 15, Apr 19, May 17, Jun 21, Jul 19, Aug 16, Sep 20, Oct 18, Nov 15, Dec 20	10:00 am - 12:00 pm	Open support and information group for carers of someone with a mental illness
FREMANTLE	Unit 5, 16 Phillimore street, FREMANTLE	1st Wednesday of each month: Jan 4, Feb 1, Apr 4, May 2, Jul 4, Aug 1, Sep 5, Oct 3, Nov 7, Dec 5	10:00 am - 12:00 pm	Open support and information group for carers of someone with a mental illness
ROCKINGHAM	Rockingham Mental Health Cnr Ameer & Clifton Street, ROCKINGHAM	3rd Wednesday of each month: Jan 18, Feb 15, Mar 21, Apr 18, May 16, Jun 20, Jul 18, Aug 15, Sep 19, Oct 17, Nov 21, Dec 19	1:00 pm - 3:00 pm	Open support and information group for carers of someone with a mental illness

Note: There is no cost to attend a support group. Please confirm your attendances as venues and dates may change. Tea and Coffee Provided.