

GROUP PROGRAM SCHEDULE

JANUARY – JUNE 2022

GREATER NEW SOUTH WALES – NEWCASTLE & LISMORE

MENTAL HEALTH FIRST AID

NEWCASTLE

Tuesday 22nd – 23rd February |

9:00am – 5:00pm

Two Day Workshop

LISMORE

Tuesday 8 - 9 February | 9:00am – 5:00pm

Two Day Workshop

STRESS & RELAXATION

LISMORE

Wednesday 13th April | 9:00am – 5:00pm

Two Day Workshop

DOING ANGER DIFFERENTLY

NEWCASTLE

Tuesday 17 – 18 May | 9:00am – 5:00pm

Two Day Workshop

BEATING THE BLUES

OLD BAR

Monday 23 – 24 May | 9:00am – 5:00pm

Two Day Workshop

SLEEPING BETTER

OLD BAR

Monday 28 February – 1 March |

9:00am – 5:00pm

Two Day Workshop

LISMORE

Thursday 26 - 27 May | 9:00am – 5:00pm

Two Day Workshop

UNDERSTANDING ANXIETY

OLD BAR

Thursday 21 – 22 April | 9:00am – 5:00pm

Two Day Workshop

OPERATION LIFE - SAFETALK

NEWCASTLE

Monday 28th March | 9:00am – 5:00pm

Two Day Workshop

OPERATION LIFE - ASIST

NEWCASTLE

Thursday 28 – 29 April | 9:00am – 5:00pm

Two Day Workshop

LISMORE

Monday 14 – 15 March | 9:00am – 5:00pm

Two Day Workshop

In addition to the above face-to-face groups, Open Arms also provides a range of educational online training and 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>

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GROUP PROGRAM SCHEDULE

JANUARY – JUNE 2022 cont.

GREATER NEW SOUTH WALES – NEWCASTLE & LISMORE

MANAGING PAIN – ONLINE

Tuesday 1st & Thursday 3rd February |
11am – 12:30pm

Wednesday 23rd & Friday 25th February |
11am – 12:30pm

Tuesday 15th & Thursday 17th March |
11am – 12:30pm

Wednesday 6th & Friday 8th April |
11am – 12:30pm

Tuesday 26th & Thursday 28th April |
11am – 12:30pm

Wednesday 18th & Friday 20th May |
11am – 12:30pm

Wednesday 8th & Friday 10th June |
11am – 12:30pm

Tuesday 28th & Thursday 30th June |
11am – 12:30pm

STEPPING OUT

NEWCASTLE

Thursday 24 – 25 March | 9:00am – 5:00pm
Two Day Workshop

RESIDENTIAL LIFESTYLE PROGRAM

NEWCASTLE – HUNTER VALLEY

Friday 17 – 20 June | 5:00pm – 10:00am
Friday 24 – 26 June | 5:00pm – 10:00am
Two Weekend Workshop

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GROUP PROGRAMS

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.

