

GROUP PROGRAM SCHEDULE

JANUARY – JULY 2022

ONLINE PROGRAMS

MANAGING PAIN

2 x 90 minutes sessions - Instructor Led

TIME: 1230hrs – 1400hrs AEST

Tuesday & Thursday | 1st & 3rd February
Wednesday & Friday | 23rd & 25th February
Tuesday & Thursday | 15th & 17th March
Wednesday & Friday | 6th & 8th April
Tuesday & Thursday | 26th & 28th April
Wednesday & Friday | 18th & 20th May
Wednesday & Friday | 8th & 10th June
Tuesday & Thursday | 28th & 30th June

UNDERSTANDING ANXIETY

2 x 90 minutes sessions - Instructor Led

TIME: 1230hrs – 1400hrs AEST

Tuesday & Thursday | 18th & 20th January
Wednesday & Friday | 23rd & 25th February
Tuesday & Thursday | 15th & 17th March
Tuesday & Thursday | 12th & 14th April
Tuesday & Thursday | 10th & 12th May
Tuesday & Thursday | 31st May & 2nd June
Tuesday & Thursday | 21st & 23rd June

RECOVERY FROM TRAUMA

2 x 90 minutes sessions - Instructor Led

TIME: 1300hrs – 1430hrs AEST

Wednesday & Friday | 23rd & 25th February
Tuesday & Thursday | 15th & 17th March
Wednesday & Friday | 6th & 8th April
Monday & Wednesday | 27th & 29th April
Tuesday & Thursday | 17th & 19th May
Tuesday & Thursday | 7th & 9th June
Monday & Wednesday | 20th & 22nd June
Tuesday & Thursday | 1st & 14th July

DOING ANGER DIFFERENTLY

2 x 90 minutes sessions - Instructor Led

TIME: 1300hrs – 1430hrs AEST

Tuesday & Thursday | 8th & 10th February
Tuesday & Thursday | 1st & 3rd March
Tuesday & Thursday | 22nd & 24th March
Tuesday & Thursday | 12th & 14th April
Tuesday & Thursday | 3rd & 5th May
Tuesday & Thursday | 24th & 26th May
Tuesday & Thursday | 14th & 16th June

****Please note all times are Australian
Eastern Standard Time**

**Refer to your state or territory time zones
for the time in your area**

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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1800 011 046
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GROUP PROGRAM SCHEDULE

JANUARY – JULY 2022 cont.

ONLINE PROGRAMS

SLEEPING BETTER

2 x 90 minutes sessions - Instructor Led

TIME: 1230hrs – 1400hrs AEST

Wednesday & Friday | 16th & 18th February
Wednesday & Friday | 9th & 11th March
Wednesday & Friday | 30th March & 1st April
Wednesday & Friday | 27th & 29th April
Wednesday & Friday | 18th & 20th May
Wednesday & Friday | 8th & 10th June
Wednesday & Friday | 29th June & 1st July

BLENDED MENTAL HEALTH FIRST AID

Self-paced eLearning plus 2 x 2.5hr Instructor led sessions

TIME: 1300hrs – 1530hrs AEST

Wednesday & Friday | 16th & 18th February
Tuesday & Thursday | 29th & 31st March
Wednesday & Friday | 16th & 18th May
Tuesday & Thursday | 26th & 28th July

OPERATION LIFE – ASIST Tune-Up (ASIST Refresher Workshop)

1 x 3 hour workshop – Instructor Led

TIME: 1230hrs – 1530hrs AEST

Wednesday | 25th May
Thursday | 25th August

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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.

