

# GROUP PROGRAM SCHEDULE

## JANUARY - JULY

### NEW SOUTH WALES

#### MANAGING PAIN

##### NEWCASTLE

Thursday 27 - 28 February | 9:30am – 4:00pm  
Two Day Workshop

##### SYDNEY

Monday 16 - 17 March | 9:30am – 4:00pm  
Two Day Workshop Newcastle

##### LISMORE

Thursday 26 - 27 March | 9:30am – 4:00pm  
Two Day Workshop

#### UNDERSTANDING ANXIETY

##### SYDNEY

Monday 27 - 28 April | 9:30am – 4:00pm  
Two Day Workshop

##### NEWCASTLE

Wednesday 29 - 30 April | 9:30am – 4:00pm  
Two Day Workshop

##### LISMORE

Monday 1 - 2 June | 9:30am - 4:00pm  
Two Day Workshop

#### DOING ANGER DIFFERENTLY

##### NEWCASTLE

Thursday 19 - 20 March | 9:30am – 4:00pm  
Two Day Workshop

##### LISMORE

Wednesday 8 - 9 April | 9:30am – 4:00pm  
Two Day Workshop

##### SYDNEY

Monday 4 - 5 May | 9:30am – 4:00pm  
Two Day Workshop

#### RECOVERY FROM TRAUMA

##### SYDNEY

Thursday 2 - 3 April | 9:30am – 4:00pm  
Two Day Workshop

##### NEWCASTLE

Tuesday 26 - 27 May | 9:30am – 4:00pm  
Two Day Workshop

##### LISMORE

Thursday 25 - 26 June | 9:30am – 4:00pm  
Two Day Workshop

#### BUILDING BETTER RELATIONSHIPS

##### NEWCASTLE

Thursday 11 - 12 June | 9:30am – 4:00pm  
Two Day Workshop

##### LISMORE

Wednesday 1 – 2 July | 9:30am – 4:00pm  
Two Day Workshop

#### STEPPING OUT

##### SYDNEY

Thursday 30 - 31 July | 9:00am – 4:00pm  
Two Day Workshop

**For the most up to date information visit:**

<https://www.openarms.gov.au/get-support/group-treatment-programs-and-educational-workshops>



**1800 011 046**  
**OpenArms.gov.au**



## 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

A two day program 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.