

Topic	Date	Time	Location
<b>The Recovery Journey:</b> This workshop covers what is recovery and a brief history of the recovery movement., the importance of language, and what Carers bring to the recovery journey.	Tues 9th August	9am-11am	Macksville Senior Citizens Hall
<b>Understanding Borderline Personality Disorder:</b> BPD is a greatly misunderstood condition. This workshop will cover information about the characteristics of BPD and recommended treatments. It also explores the role of the carer in the relationship to their loved one who has this condition.	Tues 9th August	1pm-3pm	Sawtell Office
<b>Setting Boundaries:</b> This workshop is designed to support Carers with developing healthy boundaries by identifying what is already working and what they would like to be different in their lives. Basic Assertiveness and communication skills are taught in this session. This is a great workshop for any carer who is feeling overwhelmed and burnt out.	Wed 10th August	1pm-3pm	Sawtell Office
<b>Thursday Weekly walking self care group:</b> An opportunity to get together exercise and talk. We walk for approx. 45-60 mins and then have a coffee or tea together.	Every Thursday	9am-10:30am	Coffs Jetty Area
<b>Ukulele Music Therapy:</b> A light hearted group where ukuleles are provided, and we will learn a song each month. Music therapy is proven to be effective aid for stress, motor coordination, enjoyment, socialisation and expression of emotion.	Thurs 11th August	1pm-3pm	Duke St Coffs Harbour
<b>Understanding Bipolar:</b> This workshop will cover what is bipolar, manic episodes, depressive episodes, bipolar I, bipolar II.	Mon 15th August	10am-12pm	Urunga Neigh Centre
<b>How Trauma Presents:</b> Exploring developments in Trauma research and how to support someone experiencing trauma	Tues 16th August	1:00-3:00pm	Sawtell Office
<b>Money Talk:</b> MNC Financial Counselling Presentation, Capability worker & Financial Counsellor discussing all things money	Wed 24th August	10am-12pm	
<b>Carer Connect:</b> Partnership series run monthly between our Local Health District and Family and Carers Mental Health Program August Topic: Managing Loss, Jennifer Ancell social worker from MNC Mental Health Rehabilitation Unit	Wed 24th August	1:30-3:30pm	Duke St Coffs Harbour
<b>Ukulele Music Therapy:</b> We run 2 sessions a month.	Thurs 25th Aug	1:00-3:00pm	Duke St Coffs Harbour
<b>Mosaic Session 2</b> with Woolgoolga Support Group	Fri 26th August	10am-12pm	Woopi CommGardens
<b>Exploring Stigma and Shame:</b> One of the more difficult areas for Carers of people with Mental Health challenges is dealing with societal and cultural stigma. This workshop will explore the causes and effects of stigma and unpack the impacts of shame on the individual. Stigma and shame for Carers often manifests in isolation and anxiety. This workshop will look at possible ways to overcome stigma and develop a sense of belonging.	Mon 29th August	10am-12pm	Sawtell Office
<b>Understanding Anxiety:</b> Anxiety is a prevalent disorder. Increase your understanding & awareness of anxiety disorders to support your relative or friend. Session involves: Diagnostic information, detailing what anxiety is, information on specific types of anxiety disorders and treatment options.	Tues 30th August	1pm-3pm	Duke St Coffs Harbour
<b>Sawtell Art Journaling:</b> A chance for carers to learn creative ways to combine art making as a form of self-care and gentle self exploration.	Wed 31st August	1:30-3:30pm	Sawtell Office

To register for a free session or for more information

Please contact: Lauren Mills, Education and Training Coordinator Ph: 0427 378 608 Email: [millsl@missionaustralia.com.au](mailto:millsl@missionaustralia.com.au)