



VVCS North Queensland Group Programs July— December 2017

123 Magic & Emotion Coaching Parent Course

Veterans, Eligible ADF and Partners

3 day workshop (2 hours /day)

TOWNSVILLE

Thursdays 24, 31 Aug & 7 Sept, 2:30pm-4:30pm

Thursdays 16, 23, 30 Nov, 11:00am- 1:00pm

Beating the Blues

Veterans, Eligible ADF, Partners, Family

2 day workshop

CAIRNS

Tues 22 - Wed 23 Aug, 9:00am – 4:00pm

Building Better Relationships

Veterans, Eligible ADF, Partners

3 day program

TOWNSVILLE

Wed 8 - Fri 10 Nov, 9:00am-4:30pm

Mastering Anxiety

Veterans, Eligible ADF, Partners, Family

2 day workshop

TOWNSVILLE

Tues 25 - Wed 26 July, 9:00am– 4:00pm

Operation Life

Veterans, Partners, Family, Friends, Volunteers

ASIST - 2 day workshop

TOWNSVILLE

Thurs 14- Fri 15 Sept, 9:00am– 5:00pm

Mon 27—Tues 28 Nov 9:00am- 5:00pm

CAIRNS

Mon 11— Tues 12 Sept, 9:00am– 5:00pm

Relaxation Workshop

Veterans, Eligible ADF, Partners, Family

1 day workshop

TOWNSVILLE

Thurs 26 Oct, 9:00am– 4:00pm

CAIRNS

Wed 1 Nov, 9:00am– 4:00pm

Residential Lifestyle Management Program

Veterans and Partners

5 day residential program

TOWNSVILLE

Mon 9 – Fri 13 Oct

Sleeping Better

Veterans, Eligible ADF, Partners, Family

2 day workshop

TOWNSVILLE

Tues 5- Wed 6 Sept, 9:00am– 4:00pm

Stepping Out - ADF Transition

All ADF members & partners who are in the process of or who have separated from the ADF in the last 12 months

2 day workshop

TOWNSVILLE

Tues 1- Wed 2 Aug, 9:00am- 4:00pm

Tues 21- Wed 22 Nov, 9:00am- 4:00pm

CAIRNS

Wed 4- Thurs 5 Oct 9:00am– 4:00pm

What are VVCS group programs?

VVCS group programs aim to improve the quality of life of veterans, eligible ADF members and their families and complement counselling and other services that promote recovery through prevention, early intervention and treatment. All group programs are provided at no cost to eligible participants.

To register for group programs, or to make further enquiries please contact VVCS North Queensland on 1800 011 046 or email vvcsnorthqld@dva.gov.au.



VVCS North Queensland Group Programs

VVCS Group Programs

123 Magic & Emotion Coaching Parent Course

This is a 3-session program to assist parents and carers to develop strategies to manage difficult behaviour in children aged up to 12 years old.

Beating the Blues

Depression is one of the most common mental health problems, with around one in five Australians experiencing it at least once in their lifetime. Beating the Blues assists participants to understand the situations and thinking patterns that can contribute to depression, and to develop strategies to manage depression symptoms more effectively.

Building Better Relationships

This program is designed to help emotionally committed couples enhance their relationship. The program explores what makes a good relationship and aims to increase partners' understanding of each other, improve communication, enhance intimacy and help couples plan ahead.

Mastering Anxiety

Anxiety is a normal reaction to stress, however when anxiety becomes severe and interferes with our capacity to cope effectively, it is no longer considered normal. This program helps participants to understand anxiety and the factors that maintain it. It aims to promote a sense of wellbeing through developing strategies to reduce anxiety and associated stress.

Operation Life ("ASIST" 2 day workshop)

Operation Life workshops provide a framework for action to prevent suicide and promote mental health and resilience across the veteran community. These workshops aim to help members of the veteran community to recognise someone who might be having thoughts of suicide and to link them in with appropriate assistance.

Relaxation Workshop

This workshop is an educational and skills based program assisting participants to understand the importance of relaxation, signs and symptoms of stress and overcome barriers to relaxation.

Residential Lifestyle Management Program

This program is designed for veterans and their partners who would like to improve their wellbeing and enhance their relationship. It provides an opportunity to take time out from the daily routine and focus on a range of lifestyle subjects, such as stress management, communication and relationship building.

Sleeping Better

The quality of your sleep directly affects the quality of your waking life, including your mental alertness, efficiency, emotion regulation, creativity, energy levels, and even your weight. Sleeping Better introduces long term solutions for insomnia that involve changing sleep habits to promote good sleep.

Stepping Out

The Stepping Out program is about helping you improve your transition from the ADF to civilian life. Making the move to civilian life can be challenging and the changes you experience may have an impact on your personal life, work life and family life. Stepping Out will give you information and skills to manage your transition to civilian life.

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