

2021 GROUP PROGRAM SCHEDULE

JANUARY - JULY

TOWNSVILLE

MENTAL HEALTH FIRST AID

TOWNSVILLE

Tues 16 - Wed 17 February | 9:00am - 4:30pm
Two Day Workshop

Thurs 3 - Fri 4 June | 9:00am - 4:30pm
Two Day Workshop

RELAXATION & MINDFULNESS

TOWNSVILLE

Tues 23 February | 9:00am - 4:00pm
One Day Program

OPERATION LIFE: SAFETALK

TOWNSVILLE

Tues 2 March | 9:00am - 1:00pm
Half Day Workshop

SLEEPING BETTER

TOWNSVILLE

Tues 9 - Wed 10 March | 9:00am - 4:00pm
Two Day Program

123 MAGIC & EMOTION COACHING PARENT COURSE

TOWNSVILLE

Tuesdays 16, 23, 30 March | 12:00pm - 2:30pm
Three Week Program

OPERATION LIFE: ASIST

TOWNSVILLE

Wed 24 - Thurs 25 March | 9:00am - 5:00pm
Two Day Workshop

Wed 14 - Thurs 15 July | 9:00am - 5:00pm
Two Day Workshop

STEPPING OUT

TOWNSVILLE

Tues 20 - Wed 21 April | 9:00am - 4:00pm
Two Day Workshop

MANAGING YOUR PAIN

TOWNSVILLE

Tuesdays 11 May - 22 June | 9:00am - 11:30am
Six Week Program

RECOVERY FROM TRAUMA

TOWNSVILLE

Wednesdays 12 May - 16 June | 9:00am - 11:30am
Six Week Program

BUILDING BETTER RELATIONSHIPS

TOWNSVILLE

23 Wed - Fri 25 June | 9:00am - 5:00pm
Three Day Program

DOING ANGER DIFFERENTLY

TOWNSVILLE

Wednesdays 21 July - 25 August | 9:00am - 11:30am
Six Week Program

ENGAGING ADOLESCENTS - PARENT COURSE

TOWNSVILLE

Tuesdays 3, 10, 17 August | 9:00am - 11:30am
Three Week Program

RESIDENTIAL LIFESTYLE MANAGEMENT PROGRAM

NORTH QUEENSLAND

October 2021 - location & exact dates to be confirmed
Five Day Couples Program (Early Promotion)

Calendar is current as of December 2020

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>

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.