

2021 GROUP PROGRAM SCHEDULE

JUNE - DECEMBER

TOWNSVILLE

MENTAL HEALTH FIRST AID

TOWNSVILLE

Thu 22 - Fri 23 July | 9:00am - 4:30pm

Two Day Workshop

Thu 26 - Fri 27 August | 9:00am - 4:30pm

Two Day Workshop

Wed 6 - Thu 7 October | 9:00am - 4:30pm

Two Day Workshop

Wed 1 - Thu 2 December | 9:00am - 4:30pm

Two Day Workshop

OPERATION LIFE: ASIST

TOWNSVILLE

Wed 14 - Thu 15 July | 9:00am - 5:00pm

Two Day Workshop

Thu 19 - Fri 20 August | 9:00am - 5:00pm

Two Day Workshop

Mon 18 - Tue 19 October | 9:00am - 5:00pm

Two Day Workshop

Thu 25 - Fri 26 November | 9:00am - 5:00pm

Two Day Workshop

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

STEPPING OUT

TOWNSVILLE

Mon 23 - Tue 24 August | 9:00am - 3:30pm

Two Day Workshop

Mon 22 - Tue 23 November | 9:00am - 3:30pm

Two Day Workshop

RELAXATION & MINDFULNESS

TOWNSVILLE

Mon 30 August | 9:00am - 4:00pm

One Day Program

123 MAGIC – Parent Course

TOWNSVILLE

Wednesdays 1, 8, 15 September | 9:00am - 11:30am

Three Week Program

OPERATION LIFE: safeTALK

TOWNSVILLE

Mon 13 September | 9:00am - 1:00pm

Half Day Workshop

MANAGING YOUR PAIN

TOWNSVILLE

Fridays 15 Oct - 19 Nov | 9:00am - 11:30am

Six Week Program

UNDERSTANDING ANXIETY

TOWNSVILLE

Wednesdays 13 Oct - 17 Nov | 9:00am - 11:30am

Six Week Program

RESIDENTIAL LIFESTYLE MANAGEMENT PROGRAM

NOVOTEL OASIS RESORT, CAIRNS

Mon 25 - Fri 29 October | 9:00am - 5:00pm

Five Day Couples Program – VERY LIMITED SPACES

Calendar is current as of June 2021

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>



1800 011 046
OpenArms.gov.au

A service founded by Vietnam Veterans, now for all veterans and families

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.