

# GROUP PROGRAM SCHEDULE

## JULY - DECEMBER 2022

### TOWNSVILLE

#### OPERATION LIFE: ASIST

Wed 13 - Thu 14 July | 9:00am - 4:30pm  
Two Day Workshop

Wed 31 Aug - Thu 1 Sept | 9:00am - 4:30pm  
Two Day Workshop

Wed 23 - Thu 24 November | 9:00am - 4:30pm  
Two Day Workshop

#### MANAGING YOUR PAIN

Fridays 22 July - 26 August | 9:00am - 11:30am  
Six Week Program

#### 123 MAGIC & EMOTION COACHING

Wednesdays 27 Jul - 10 Aug | 9:00am - 11:30am  
Three Week Program

#### UNDERSTANDING ANXIETY

Mondays 1 Aug - 5 Sept | 9:00am - 11:30am  
Six Week Program

#### STEPPING OUT

Thu 4 - Fri 5 August | 9:00am - 3:30pm  
Two Day Program

Thu 3 - Fri 4 November | 9:00am - 3:30pm  
Two Day Program

#### OPERATION LIFE: safeTALK

Thu 18 August | 9:00am - 1:00pm  
Half Day Workshop

Thu 1 December | 9:00am - 1:00pm  
Half Day Workshop

#### MENTAL HEALTH FIRST AID

Wed 7 - Thu 8 September | 9:00am - 4:30pm  
Two Day Workshop

Wed 26 - Thu 27 October | 9:00am - 4:30pm  
Two Day Workshop

#### SLEEPING BETTER

Wed 14 - Thu 15 September | 9:00am - 4:00pm  
Two Day Program

#### BEATING THE BLUES

Thu 6 - Fri 7 October | 9:00am - 4:30pm  
Two Day Program

#### RECOVERY FROM TRAUMA

Mondays 10 Oct - 24 Nov | 9:00am - 11:30am  
Six Week Program

#### RELAXATION & MINDFULNESS

Wednesday 12 October | 9:00am - 3:30pm  
One Day Program

#### ENGAGING ADOLESCENTS

Wednesdays 2 - 16 Nov | 9:00am - 11:30am  
Three Week Program

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.