

Educational Workshops

For Mental Health Carers



Learn skills to help you provide care

Arafmi delivers a range of educational topics for relatives and friends of people with mental illness.

These workshops provide an opportunity to learn and practice the many skills used in providing care to a loved one with a mental illness.

Our workshops are interactive and are designed to help carers understand:

- The impact of mental illness
- How to improve the relationship
- How to develop caring skills
- How carers can keep themselves well emotionally in the long run

Not only are our workshops educational, they also provide an opportunity to connect with other carers who may be experiencing similar issues and learn from each other.

The workshops go for 3^{1/2} hours with a break for morning tea. It is important to register so we have an idea of numbers for resources and catering for morning tea.

Our workshops incur a \$10 fee for non-members and \$5 for members which we kindly ask you to bring on the day.

We would encourage everybody to become an Arafmi member and receive a range of benefits for an annual investment of \$10 (for waged) and \$5 (non-waged) and to also help Arafmi with our fundraising for carer events.

Workshops are generally held at our Head Office in New Farm, Brisbane and occasionally for groups of carers in other parts of Queensland.

To view our upcoming workshops please visit: www.arafmi.com.au/family-carers/workshops/



“Carer Workshops are a great place to connect with others who know and understand. Absolutely essential information which will help my family”
Carer, New Farm

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For Mental Health Carers



Our Workshop Topics

Coping Skills for Carers

We look at a broad range of issues that Mental Health Carers confront, such as communicating with someone who is unwell; providing support to someone with psychosocial issues; coping with difficult behaviour and understanding the symptoms of the major mental illnesses.

Effective Communication

We cover useful communication skills and specific strategies for communicating with someone who experiences psychosocial issues. Participants are encouraged to practice these skills at the workshop.

The Power of Personal Boundaries

Boundaries protect us, put us in charge of our own lives, promote healthy relationships, encourage independence and reduce stress and conflict.

In this workshop we explore indicators for setting boundaries, how and why we sabotage our efforts and practice the steps to set healthy boundaries.

Understanding & Supporting Recovery

This workshop assists carers in understanding what recovery based practice and care is.

It offers suggestions on how carers can avoid common pitfalls and how to best support their loved ones on their journey of recovery.

Dual Diagnosis: Mental Illness & Substance Use

We explore possible reasons for using substances; helpful and unhelpful responses, when a person may be most receptive to change; strategies for coping and self-care.

Grief & Beyond

This is about those unusual types of losses and grief that carers experience where there is no finality, or community acknowledgement or rituals to support their grieving process.

Also there is a focus on hope for the carer and how they can impart hope to the person with the mental health issue.

Let's Talk about Suicide

We discuss suicide myths and facts, factors that influence suicidal behaviour, risk and protective factors, warning signs and helpful responses. We also consider emergency plans and plans to keep loved ones safe.

Fit for Caring

We give participants an opportunity to look at their own needs, discuss the impact of the caring role and explore and practice strategies to promote good health and wellbeing.

Bouncing Back - Building Resilience

Designed to help participants to understand resilience; what it is and how to strengthen it. We examine factors that contribute to stress and how we can manage these, as well as personal strategies for enhancing resilience.

Arafmi Services & Carer Issues

Service providers are introduced to Arafmi and the services we offer to carers. We present the issues that carers face on a day to day basis and how services can assist them. For information on training opportunities for organisations, please get in touch with us.

Register for a workshop

View our upcoming Carer Workshops and register online via our website, or contact our team for more information.

Call: 07 3254 1881

Visit: www.arafmi.com.au

Email: carereducation@arafmi.com.au

Write to us: PO Box 248, New Farm, QLD 4005