

**FREE COURSES AND WORKSHOPS** CLAN WA *indigo* project  
invites family and friends of people with a mental illness to come along to our  
FREE courses and workshops run by *indigo* and Brain Ambulance.

February 2010

**'Understanding Anxiety & Depression'** - Wed 10th Feb at two venues :

Falcon : Wed 10th Feb, 1pm - 3pm

Greenfields (near Mandurah) : Wed 10th Feb, 7pm - 9pm

**'Understanding Anxiety & Depression'** - Thurs 11th Feb at two venues:

Vic Park : Thurs 11th Feb, 9.30am - 11.30am

Armadale LH : Thurs 11th Feb, 7pm - 9pm

**'Understanding Anxiety & Depression'** - Wed 17th Feb at two venues :

Success : Wed 17th Feb, 1.30pm - 3.30pm

Mandurah LH : Wed 17th Feb, 7pm - 9pm

**'Understanding Anxiety & Depression'** - Thurs 18th Feb at two venues:

Rivervale : Thurs 18th Feb, 1pm - 3pm

Vic Park : Thurs 18th Feb, 7pm - 9pm

March 2010

**'Boundaries & Communication for the Workplace'** - Armadale LH : Friday 12th March, 1pm - 4pm

**'Adult Mental Health First Aid'** - Cloverdale : Saturdays 13th & 20th March, 9am - 4pm (*two day workshop*)

**'Boundaries & Communication for Families'** - Wilson : Tuesday 16th March, 9.30am - 12.30pm

**'Adult Mental Health First Aid'** - Armadale LH : Tues 16th & Wed 17th March, 9am - 4pm (*two day workshop*)

***New workshop*** - Practical "Tools & Tips" for Carers - Carlisle : Wed 31st March, 9.30am - 12.30pm

April 2010

**'Youth Mental Health First Aid'** - Bull Creek : Wed 7th & Thur 8th April, 9am - 4pm (*two day workshop*)

**'Walking on Eggshells' for Professionals** - Success : Tuesdays 13th, 20th & 27th April, 9am-1pm (*series of three*)



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## May 2010

**'Understanding Anxiety & Depression'** - Rockingham Library : Mon 10th May, 5.30pm - 7.30pm

**'Understanding Anxiety & Depression'** - Tues 11th May at two venues :

Langford : Tues 11th May 9.30am - 11.30am / Seville Grove : Tues 11th May 1pm - 3pm

**'Understanding Anxiety & Depression'** - Wed 19th May at two venues :

Wilson : Wed 19th May, 9.30am - 11.30am / 'South Perth' : Wed 19th May 6.30pm - 8.30pm

**'Understanding Anxiety & Depression'** - Thurs 20th May at two venues :

Pinjarra : Thurs 20th May, 9.30am - 11.30am / Rockingham LH : Thurs 20th May, 1pm - 3pm

**'Walking on Eggshells'** for Supporters / Carers - Carlisle Hall : Tuesdays 9am - 1pm 25th May, 1st & 8th June  
(series of three)

**'Dealing with Abuse in the Workplace'** - Seville Grove : Fri 28th May, 1pm - 4pm

## June 2010

**'Dealing with Abuse in Families'** - Perth : Fri 11th June, 3 hrs daytime

**'Dealing with Professionals'** Carlisle : Mon 14th June, 10am - 12pm

**'Adult Mental Health First Aid'** - West Perth : Tuesday 22nd & Wed 30th June 9am - 4pm (two day workshop)

**'Dual Diagnosis'** - at two venues :

Armadale LH : Wed 23rd June, 9.30am - 12.30pm / E2C Mandurah : Thurs 24th June, 9.30am - 12.30pm

**'Future Planning'** - Perth : Wednesday 30th June 9.30am - 12.30pm

## July 2010

**'Youth Mental Health First Aid'** - West Perth : Thursday 8th & Fri 9th July 9am - 4pm (two day workshop)

## August 2010

**'Adult Mental Health First Aid'** - E2C Mandurah : Wed 4th & Thurs 5th Aug 9am - 4pm (two day workshop)

## September 2010

**'Adult Mental Health First Aid'** - Rockingham LH : Thursdays 9th & 16th Sept 9.30am - 4.30pm (two day workshop)

## October 2010

**'Youth Mental Health First Aid'** - Armadale Lib : Thurs 7th & Mon 11th Oct 9.30am - 4.30pm (two day workshop)



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**VENUES:** **Armadale LH** - Armadale Lotteries House, Meeting Room, 122 Forrest Road Armadale  
**Armadale Lib** - Armadale Library, Armadale Central Shopping Centre, Streich Ave, Armadale  
**Bull Creek** - Bull Creek Community Centre, Cnr Hassell Crescent & Leichhardt St, Bull Creek  
**Carlisle** - Harold Hawthorne Centre (upstairs), 2 Memorial Ave, Carlisle (*next to train station*)  
**Carlisle Hall** - Harold Hawthorne Hall (downstairs), 2 Memorial Ave, Carlisle (*next to train station*)  
**Cloverdale** - Youth & Family Services Training Room, City of Belmont, 275 Abernethy Rd, Cloverdale  
**Falcon** - Falcon eLibrary & Community Centre, (CC Room 1), Cnr Cobblers Rd & Flavia St  
**Greenfields** - Greenfields Family Community Centre, Cnr Murdoch Drive & Waldron Blvd, Greenfields  
**Langford** - Boogurlarri Community House, 82 Langford Ave, Langford  
**Mandurah LH** - Lotteries House, Anzac Place, Mandurah (*next to police station*)  
**E2C Mandurah** - Shop 10, Old Coast Road Shopping Plaza, Mandurah (*next to IGA at the old bridge*)  
**Perth** - Citiplace Community Centre, City Station Complex (upper level walkway)  
 corner Barrack St & Wellington St, Perth  
**Rivervale** - Rivervale Community Centre, Meeting Room 2/3, Corner Francisco St & Surrey Rd  
**Rockingham LH** - Rockingham Lotteries House (upstairs), 6 Civic Boulevard, Rockingham  
**Rockingham Library** - Rockingham Regional Campus Community Library, Dixon Rd, Rockingham  
**Seville Grove** (near Armadale/Kelmscott) - Seville Grove Library, 78 Champion Drive, Seville Grove  
**'South Perth'** (Karawara) - George Burnett Leisure Centre, Manning Rd, Karawara  
 (between Gillon St & Goss Ave)  
**Success** - Cockburn Youth Centre, 25 Wentworth Pde, Success  
**Vic Park** - Leisurelife Centre (Boardroom), Cnr Kent St & Gloucester St, East Vic Park  
**West Perth** - City West Lotteries House, 2 Delhi St, West Perth (Conference Room)  
**Wilson** - Canning River Eco Education Centre, Canning River Regional Park, end of Kent St, Wilson

## ***COURSE AND WORKSHOP OVERVIEW***

### **Adult Mental Health First Aid** – Two day workshop

Provides you with information on different types of mental health issues including: depression, anxiety, psychotic disorders and the causes, symptoms and treatment options, including crisis management.

### **Youth Mental Health First Aid** – Two day workshop

Provides you with information on different types of mental health issues as they are experienced by youth, including: depression, anxiety, psychotic disorders, eating disorders, self harm and substance abuse disorders, and the causes, symptoms and treatment options, including crisis management.

### **Anxiety & Depression ~ Building Resilience through Understanding**

Aims to focus on these prevalent mental health problems of anxiety and depression so that you may have a better understanding of what causes them, symptoms, and how to deal with, help and care for the person experiencing them.

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## COURSE AND WORKSHOP OVERVIEW

### **Walking on Eggshells** - *Dealing with conversations when relationships become tough*

Three week series of four hour workshops (one per week)

Mental illness has a similar effect to major trauma in the sense that trauma puts extreme pressure on consumers, carers and other family members and on their relationships. The effect on carers is often hidden and not acknowledged. Blame, guilt, grief, shame, and frustration are natural companions of the trauma of mental illness and can lead to major family difficulties. People are capable of generating practical ideas for the way to manage the issues of somebody with difficult behaviours due to their mental unwellness that will improve quality of life.

### **Communication Reminders and Boundary Setting**

This workshop is a very good collection of things we probably know but need reminding of for our own safety and sanity and for the wellbeing of our clients. What is good to say.....what not to say....how to say?

### **Dealing with Abuse**

Many people often believe that emotional abuse is not as serious as physical abuse. While it may not be causing damage that is visible, it is still very harmful to a person's self-esteem, and is a serious matter that should be dealt with in the early phases before it escalates. This workshop is about identifying types of verbal abuse, recognising the effects, and providing some practical strategies to reduce escalation and keep you mentally safe!

### **Dealing with Professionals**

Why do we sometimes feel like it is 'us and them'? This workshop is about recognising our rights, our boundaries, and our limits when communicating with professionals in the medical and mental health system. It is about helping you to best help the consumer, the professional, and yourself.

### **Dual Diagnosis**

Dual diagnosis means someone has both a mental illness and a substance use problem. Many people with alcohol and drug problems have a range of mental health problems at higher rates than the general community. This includes increased instances of anxiety and depression. The abused substance could be tobacco, prescribed medication, illegal drugs, or alcohol. This workshop is for family, friends and support people to gain an understanding of the issues of dual diagnosis and to gain some awareness of how to cope.

### **Future Planning**

As Carers we sometimes forget that we might not be in a position to always be there! We might know that we are the best person for the job but this workshop is a start to thinking about finding and creating the best 'Plan B'. This workshop offers things to think about and alternatives to consider.

### **Tools & Tips - New workshop**

Aims to give Carers some tools and ideas to tackle tricky relationships! To maintain boundaries and sanity, to fit your life into your caring role! It hopes to help you deal with see-sawing emotions and look at dealing with things situation by situation.

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## Course and Workshop Registration Form

This registration must be completed and returned to enrol for *indigo* courses/workshops.

Course/Workshop Title:.....

Date being held:..... Venue:.....

Participant's Name:.....

Contact Details: (please provide two different forms of contact)

Postal:.....

Email:.....

Telephone:..... Mobile:.....

Your organisation name (if applicable):.....

### In Case of Cancellation

We do appreciate that unforeseeable events may arise after you register for a workshop or seminar. **If you are unable to attend for any reason please contact us as soon as possible so we can offer your place to someone else. Failure to provide adequate notice of non-attendance may jeopardise future enrolments for you or your organisation.**

Occasionally we need to cancel sessions due to insufficient participant numbers. Should this be necessary we will make every effort to contact you as soon as possible.

### Privacy

When registering for a CLAN WA *indigo* workshop or seminar, your contact details will be added to our database to keep you informed of future sessions and new initiatives, unless you request otherwise. Any personal information provided to us will be treated with the utmost respect for your privacy and will not be disclosed to any other agencies without your consent.



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Additional workshop registration forms are available on the CLAN WA website [www.clanwa.com.au](http://www.clanwa.com.au)

