

Mission Australia – Family and Carer Mental Health Program

MENTAL HEALTH CARER EDUCATION CALENDAR

May – June - July 2021

Please note that this calendar is subject to change. Please contact Ava Freeland for confirmation of date, venue and attendance.

Please note – if you are interested in a subject that is run in a support group you are not a member of, you are more than welcome to join. Contact Ava for registration.

Area	Topic	Date/s	Location	Time
Byron Shire	Resilience for Carers	23 rd June	Mullumbimby CWA rooms	1-2pm
Tweed	Navigating the NDIS – Meet your NDIS team	Tuesday 15 th of June	Kirra Community Centre Art Activity Room Coolangatta	1.30 – 1pm (NSW time)
	Tweed Writing Group	Wednesday 9 th of June Wednesday 14 th of July	Tweed Bowls Club	11am – 1pm
Hastings Point	Hastings Point Mindful Beach Walk	Wednesday 2 nd June	Hastings Point	9.30-10.30am
Murwillumbah	Art Journaling	Tuesday 1 st of June Tuesday 6 th of July (continuing the first Tuesday of every month)	Murwillumbah Community Centre	1.30am-3.30pm



To register or to find out more information please contact:
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Murwillumbah	The Carer dance	Tuesday 27 th July	Murwillumbah Community Centre	10am-11.30pm
Lismore	Art Journaling	Monday 10 th of May Monday 7 th of June Monday 5 th of July (continuing first Monday of every month)	Lismore Mission Australia Office	10am – 1pm
	Lismore Writing Group	Wednesday 26 th May (continuing last Wednesday of the month)	Lismore Mission Australia Office	10am – 12pm
	Lismore Wellness Series	Monday 24 th of May Monday 14 th of May Monday 19 th of July	Lismore Mission Australia Office	10am – 11.30
Ballina	Understanding Recovery in Mental Health	Tuesday 18 th of May	Kentwell community centre meeting room 2	10am-12pm
	Ballina Wellness Session	Tuesday 20 th of July	Kentwell community centre Meeting room 1	10am-11.30am



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Kyogle	Self-compassion for self-care	Tuesday 4 th of May	Kyogle support group	10am-12pm
Casino	Self-compassion for self-care	Tuesday 8 th of July	Casino support group	10am-12pm
Yamba	Self-compassion for self-care	Monday 3 rd of May	Treelands community centre	10am-12pm
	The Carer Dance	Tuesday July 13 th	Treelands Community Centre	10am-11.30pm

DESCRIPTION OF TOPICS

Self-Compassion for Self-care

Learn how to bypass the inner critic and treat yourself like you would treat a good friend. Having compassion on ourselves helps to free us from guilt and prevent caring burnout.

Navigating the NDIS

Learn how to access and navigate the NDIS. The NDIS is a new system that delivers essential mental health support but it can feel very big and overwhelming. This workshop aims to simplify things (as much as possible!) and demystify the NDIS. We will meet a panel of people working in the NDIS who will explain their role and answer all your questions. We will also hear from workers on how you can access the NDIS and how you can get the best outcome for yourself or your loved one.



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The Carer Dance

What type of dance are you doing as a carer? We all default to a ways of supporting people when issues arise – sometimes we recognise our patterns and sometimes it's more subconscious and automatic. In this workshop we explore the type of support you offer the steps you are dancing as a carer. By conceptualising our relationships as a dance we can learn how we naturally respond and practice new steps if we need to.

EXPERIENTIAL WORKSHOPS

Hastings Point – Mindful beach walk

Join us for a walk along the river at Hastings point. As you walk you will be supported to remain present and take in all that the moment is offering. We will forage and collect along the way to create a beautiful sea mandala.

Lismore Wellness Series

This series will be run once a month and will explore different ways we can stay well. We will try out different modalities to support our mind, body and spirit. From mindfulness practices, to gentle exercise, yoga and breathing, nutrition and more. You will leave this session feeling relaxed and revitalised all in one!

Ballina Wellness Session

In this session we will explore different ways we can stay well. We will try out different modalities to support our mind, body and spirit. From mindfulness practices, to gentle exercise, yoga and breathing, nutrition and more. You will leave this session feeling relaxed and revitalised all in one!

Art Journaling

A monthly group where we'll explore our creative expression through free form art in a large visual arts journal. Participants will be supported to unlock their intuitive, playful artist. Absolutely no experience is necessary, this a beautiful non-judgmental space where you can explore and play. The facilitator will guide you as much or as little as you want in this fun and relaxed session.



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AUSTRALIA** | together
we stand

Writing for Carers – Mary Jane Gibson

This is a fabulous program facilitated by Mary-Jane and is delivered in Lismore and Tweed. This program is one of vibrancy, skill building and fun. Carers who are participating in the current writing programs have commented on the enjoyment they are experiencing as they engage with creative and expressive writing exercises. No experience necessary!



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