



CLAN WA indigo program
invites the community to our FREE courses and workshops
to learn and talk about mental health and well-being
run by CLAN WA and Brain Ambulance.

January 2012

'Youth Mental Health First Aid' - Armadale SG : Wednesdays 18th & 25th Jan, 9am - 4.30pm (*two day workshop*)

February 2012

'Brain Bitz' : An intro to mental health with a focus on anxiety & depression -

Armadale LH : Tuesday 7th Feb, 12.30pm - 2.30pm

Success : Wednesday 8th Feb, 12.30pm - 2.30pm

Mandurah LH : Tuesday 14th Feb, 9.30am - 11.30am

Mirrabooka SH : Thursday 16th Feb, 6pm - 8pm

Thornlie : Tuesday 21st Feb, 5.30pm - 7.30pm

Vic Park : Thursday 23rd Feb, 6pm - 8pm

'Partners in Depression ~ Supporting those who care' - *Attend the series of six weeks*

Wilson : Tuesday mornings, 21st Feb to 27th March, 9.30am - 12pm

(a national program, www.partnersindepression.com.au)

'Dealing with Verbal Abuse' - Success : Wednesday 22nd Feb, 9.30am - 12.30pm

'Standing in their Shoes' - Vic Park : Feb - date to be advised , 9.30am - 11.30am

'Anxiety' - Armadale LH : Monday 27th Feb, 5.30pm - 8.30pm

March 2012

'Living Happy' - Kelmscott : Friday 9th March, 9am - 4pm

'Managing Challenging Behaviour' - Vic Park : Tuesday 13th March, 9.30am - 12.30pm

'Adult Mental Health First Aid' - Mandurah E2C : Saturdays 17th & 24th March, 9am - 4pm (*two day workshop*)

March continued over ...

indigo
meeting you where you're at

CLAN WA indigo workshops
Phone: 9498 2829 Fax: 9498 2941
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www.clanwa.com.au





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invites the community to our FREE courses and workshops to
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'Adult Mental Health First Aid' -

South Perth : Wednesdays 21st & 28th March, 9am - 4pm (*two day workshop*)

'Boundaries Plus' - Girrawheen : Friday 30th March, 9.30am - 2.30pm

April 2012

'Youth Mental Health First Aid' - East Perth : Tues 3rd & Wed 4th April, 9am - 4.30pm (*two day workshop*)

'Boundaries Plus' - Rockingham Library : Friday 27th April, 9.30am - 2.30pm

May 2012

'Brain Bitz' : An intro to mental health with a focus on anxiety & depression -

Morley : Tuesday 1st May, 10am - 12pm

'Youth Mental Health First Aid' -

Rockingham, St Nicholas : Tues 8th & Wed 9th May, 9am - 4.30pm (*two day workshop*)

'Living Happy' - Mandurah E2C : Saturday 12th May, 9am - 4pm

'Standing in their Shoes' - Mirrabooka Library : Wednesday 23rd May, 4pm - 6pm

'Dual Diagnosis' - Wilson : Friday 25th May, 9.30am - 2.30pm

June 2012

'Anxiety' - Bassendean : Wednesday 6th June, 9.30am - 12.30pm

'Adult Mental Health First Aid' - Girrawheen : Tuesdays 12th & 19th June, 9am - 4pm (*two day workshop*)



VENUES: **Armadale LH** - Armadale Lotteries House, 122 Forrest Road (cnr Townley St), Armadale
Armadale SG - The Champion Centre, 76 Champion Drive, Seville Grove (Armadale)
Bassendean - Bassendean Memorial Library (meeting room), 46 Old Perth Rd, Bassendean
East Perth - Claisebrook Lotteries House, 33 Moore St, East Perth
Girrawheen - BJL 'Connecting Communities' training room, 11 Patrick Court, Girrawheen
Kelmscott - Frye Park Pavilion, Clifton St, Kelmscott
Mandurah E2C - Shop 10, Old Coast Road Shopping Plaza (Cnr Mary St), Halls Head, Mandurah
(next to IGA at the old bridge)
Mandurah LH - Mandurah Lotteries House, 7 Anzac Place, Mandurah
Mirrabooka, SH - Sudbury House - 30 Chesterfield Rd (corner Sudbury Pl), Mirrabooka
Mirrabooka Library - 8 Sudbury Place, Mirrabooka
Morley - Morley Sport & Recreation Centre (Green Room), Cnr Wellington Rd & Mangini St, Morley
Rockingham Library - Campus Community Library, Dixon Rd, Rockingham *(next to Murdoch Uni)*
Rockingham - St Nicholas Community Centre, 14 Council Ave, Rockingham
South Perth - George Burnett Leisure Centre, Manning Rd (between Gillon St & Goss Ave), Karawara
Success - Cockburn Youth Centre, 25 Wentworth Pde, Success
Thornlie - Library, corner Connemara Dve & Culross Ave, Thornlie *(behind Thornlie Square S/Centre)*
Vic Park - CLAN WA office, upstairs, 2 Memorial Ave (cnr Rutland Ave), Carlisle *(next to train station)*
Wilson - Canning River Eco Education Centre, Canning River Regional Park, end of Kent St, Wilson

COURSE AND WORKSHOP OVERVIEW

[Organisations are limited to register only two attendees per workshop, and for some workshops only]

Brain Bitz ~ An intro to mental health with a focus on anxiety & depression ~ two hours

Bust some myths, kill some stigma, and get some basic information on:

What is a mental health problem? Who gets it? How do you get it? What can you do to help the sufferer, and what can you do to help yourself?

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.

[Organisations are limited to register two attendees per organisation for m.h.f.a. workshops]

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.

[Organisations are limited to register two attendees per organisation for m.h.f.a. workshops]

Anxiety ~ three hours

Takes a detailed look at anxiety – what it is, how it shows itself, types of disorders, types of treatment available and who can help. It also provides practical strategies for facing anxiety, dealing with it, living with it and most importantly, recovering from it.

Boundaries Plus ~ five hours

This one day workshop is designed specifically for carers and looks at Self Awareness to help understand where you are at. It takes a new look at caring and what is involved, and gives a great insight into boundaries including recognising them, setting them, putting them in place and maintaining them. This workshop also looks at communication of boundaries and provides practical strategies.

COURSE AND WORKSHOP OVERVIEW

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Partners in Depression : Supporting those who care ~ in six sessions over six weeks (one per week)
~ attend the series

Do you know, love, or care for someone experiencing depression? Find out more about depression, how to help someone with depression, and how to better look after yourself. This evidence-based education program aims to address your information and support needs in a forum in which you can ask questions about depression and your support role, with others with similar experiences.

Topics include: * What is depression? * Treatments for depression * Suicidality and self-harm
* How do you best support someone with depression? * Communication strategies * Importance of self-care

CLAN WA facilitators completed training in this national program, an initiative of Hunter Institute of Mental Health.
Further information on this course can be gained on the website www.partnersindepression.com.au

Standing in their Shoes ~ three hours

You could sit in a wheelchair for a day and get a feel of what it is like not to use your legs. You could lead your partner blindfolded all day to see how difficult it is for a blind person. With mental illness, we can only imagine what it is like for someone who is hearing voices or who is so depressed that they don't want to shower. This presentation will give you insight of what it is like for a person with a mental illness. It will explain:

- * the challenges for them to do some things that they used to do without thought or care;
- * the level of disability they experience so you can more readily understand how far you can 'push them';
- * the impact stigma has on their lives.

Dealing with Verbal Abuse ~ three hours

Many people 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 and physical abuse, recognising the effects, and providing some practical strategies to reduce escalation and keep you physically and mentally safe!

Living Happy ~ one day

A day about you for you. This Workshop will give the skills to better understand and manage many of the everyday challenges at work, home and in relationships.

- * Learn how thoughts affect your memory and behaviour.
- * Learn how emotions impact on your personal / work relationships.
- * Learn how past memories can limit present and future life plans.
- * Learn how to deal with life's challenges every day.

So as Einstein said " You cannot solve your problems with the same level of thinking that caused the problems in the first place".

Managing Challenging Behaviour ~ three hours

Sometimes we have limited understanding of how someone's behaviour can change or be affected simply as a result of what is happening to them with their mental health problem. Frustration, anger, fear, annoyance – all of these can be difficult behaviours to manage. This workshop is about identifying the behaviours and learning strategies to manage communication and some degree of harmony in the situation. Come prepared with some thoughts of the behaviours that really cause problems in your situation.

Dual Diagnosis ~ five hours Dual diagnosis in that someone has both a mental illness and a substance use problem. 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.



CLAN
WA INC



Course and Workshop Registration Form

This registration to 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:.....

If applicable, your organisation name :.....

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.**

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.

CLAN WA **indigo** workshops
PO Box 299 Armadale WA 6992
Phone: 9498 2829
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Additional forms are available
on the CLAN WA website
www.clanwa.com.au

