

2021 GROUP PROGRAM SCHEDULE JANUARY - JULY

VICTORIA

SLEEPING BETTER

GEELONG

Thursday 4 – 5 March | 9:30am - 4:00pm
Two Day Program

WODONGA

Tuesday 20 - 21 April | 9:30am - 4:00pm
Two Day Program

MELBOURNE

Thursday 24 – 25 June | 9:30am - 4:00pm
Two Day Program

RESIDENTIAL LIFESTYLE

MACEDON RANGES

Sunday 14 – 19 March | 9:00am – 5:00pm
Five Day Program

UNDERSTANDING ANXIETY

MELBOURNE

Wednesday 24 – 25 March | 9:30am - 4:30pm
Two Day Program

FRANKSTON

Monday 24 – 25 May | 9:30am - 4:30pm
Two Day Program

RECOVERY FROM TRAUMA

MELBOURNE

Tuesdays, 20 Apr – 25 May | 9:00am - 11:30am
Six Week Program

MANAGING PAIN

MELBOURNE

Fridays, 14 May - 18 Jun | 9:30am–12:00pm
Six Week Program

RELAXATION & MINDFULNESS

SEYMOUR

Monday 17 May | 9:30am – 4:00pm
One Day Workshop

MELBOURNE

Friday 23 July | 9:30am – 4:00pm
One Day Workshop

BEATING THE BLUES

MELBOURNE

Tuesday 1 – 2 June | 9:30am – 4:00pm
Two Day Program

DOING ANGER DIFFERENTLY

MELBOURNE

Monday 7 - 8 June | 9:30am – 4:30pm
Two Day Program

BUILDING BETTER RELATIONSHIPS

MELBOURNE

Wednesday 9 - 11 June | 9:30am – 4:00pm
Three Day Program

PARENTING

WODONGA

Tuesday 22 – 23 June | 9:30am – 4:00pm
Two Day Program

**Calendar is current as of 4 February 2021*

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>



1800 011 046
OpenArms.gov.au

A service founded by Vietnam Veterans, now for all veterans and families

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.