

Looking after yourself...
AND those around you...

“Getting the conversation started”



Looking out for those around you is a sign of connectedness, and interestingly, a good step towards nurturing your own wellbeing. You are invited to attend one or more of the sessions below to learn practical skills that will assist with “getting the conversation started”, while ensuring you look after yourself.

To register for sessions go to www.eventbrite.com.au - so we get the catering right.

For further information about the sessions, phone 0400 082 088 during business hours.

Mental health is a positive concept

- Understand the difference between mental health and mental illness
- Explore mental health issues including anxiety, depression and PTSD and the observable behaviours to look out for in yourself and others
- Taking the first step and having the potentially ‘challenging’ conversation with others who may be experiencing mental health issues
- Consider ways to look after your own wellbeing

Glenburn

Saturday 20 October, 2018
9am to 1pm
Community Hall
3876 Melba Highway

Alexandra

Sunday 28 October, 2018
9am to 1pm
Shire Hall
Grant Street

Kilmore

Saturday 10 November, 2018
9am to 1pm
Kilmore Library - John Taylor Room
12 Sydney Rd

* Lunch will be provided at these sessions.

“I’m OK, I’m just more worried about...”

(How to support someone)

The challenge can be knowing what to do or say that will be of most help. Learn the tools to have those ‘challenging’ yet supportive conversations including:

- Active listening skills
- Things to consider prior to, during and after the conversation
- How to care for yourself as you support others

Tooborac

Monday 8 October, 2018
7pm to 9pm
Mechanics Institute Hall, Northern Highway

Yea

Tuesday 9 October, 2018
7pm to 9pm
Council Civic Centre, 15 The Semi-Circle

Toolangi

Monday 15 October, 2018
7pm to 9pm
Community House,
1714 Kinglake-Healesville Rd

Broadford

Tuesday 30 October, 2018
7pm to 9pm
Broadford Living & Learning Centre
156-158 High Street (next to police station)

Flowerdale

Monday 19 November, 2018
7pm to 9pm
Community House, 36 Silver Creek Rd

Seymour

Wednesday 21 November, 2018
7pm to 9pm
Chittick Place (beside Aquatic Centre)
Pollard Street

Taggerty

Monday 26 November, 2018
7pm to 9pm
Community Hall, 5 Taggerty-Thornton Road

“Who cares for the carer?”

(Personal Resilience)

“Just remember to look after yourself”, but what does that actually mean?

- An overview of resilience and its four parameters – connectedness, confidence, flexibility, meaning and purpose
- Explore components of your own wellbeing
- Gain an understanding that resilience is not ‘static’ and will change depending on life events

Yarck

Sunday 7 October, 2018
9am to 1pm
Community Hall, 6583 Maroondah Highway

Clonbinane

Sunday 21 October, 2018
9am to 1pm
Community Hall, 15 Linton Street

Kinglake

Saturday 27 October, 2018
9am to 1pm
Kinglake Ranges Neighbourhood House
6 McMahons Road

Marysville

Saturday 17 November, 2018
9am to 1pm
Lakeview Room, Community Centre
31 Falls Road

* Lunch will be provided at these sessions.

