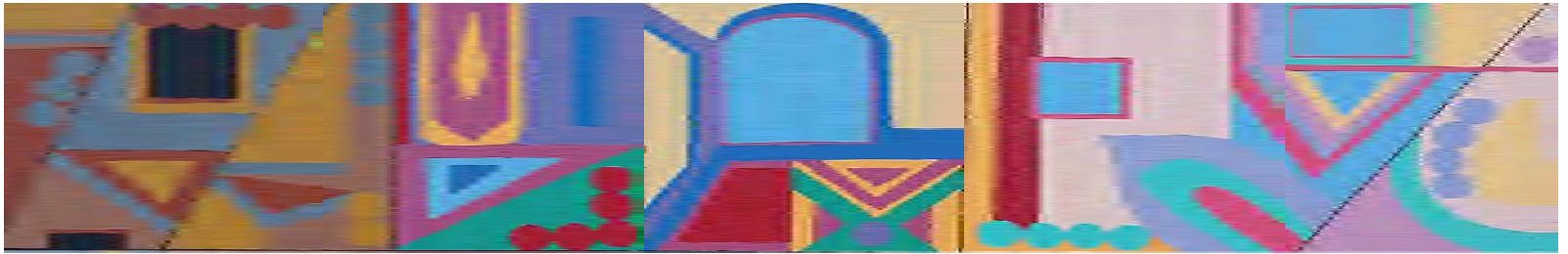


July - December 2017

# Prospectus

**Mental Health** Recovery and Clinical Programs



**The front cover artwork was created by Nicole Sutherland.**

Nicole is a consumer companion and her role is helping others to create their own works of art. This artwork by Nicole is called "Dark to Light Openings" which is a great link to the upcoming Mental Health Week Expo planned for October. The theme for the Expo is "Opening Doors", and will be held in Raddacliffe Place, Brisbane City on Friday 13<sup>th</sup> October from 2 pm till 6pm.

For more details about Art Programs check out pages 18-19 or contact Peta Mitchell, Artist in Residence on 3139 3205.

## Save the dates for:



Sunday 10<sup>th</sup> September



Thursday 14<sup>th</sup> September



Queensland

Mental Health  
Week

Sunday 8<sup>th</sup> to 14<sup>th</sup> October

**Redcliffe/Caboolture**

Tuesday 10<sup>th</sup> October

**Mental Health Expo**

Redcliffe Youth Space, Crn Anzac and Oxley Ave Redcliffe

**Brisbane Mental Health  
expo**

[www.facebook.com/mentalhealthexpo](http://www.facebook.com/mentalhealthexpo)

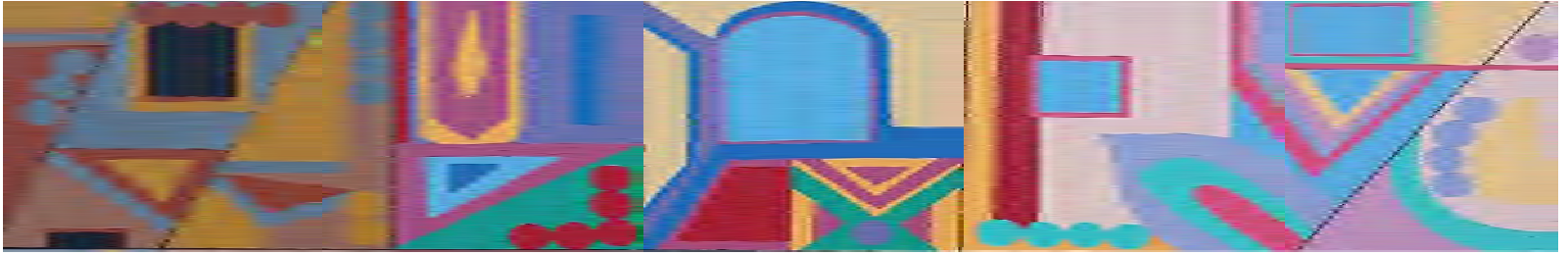
Friday 13<sup>th</sup> October at Reddacliff Place

Brisbane City



Careers Week 15-21 October





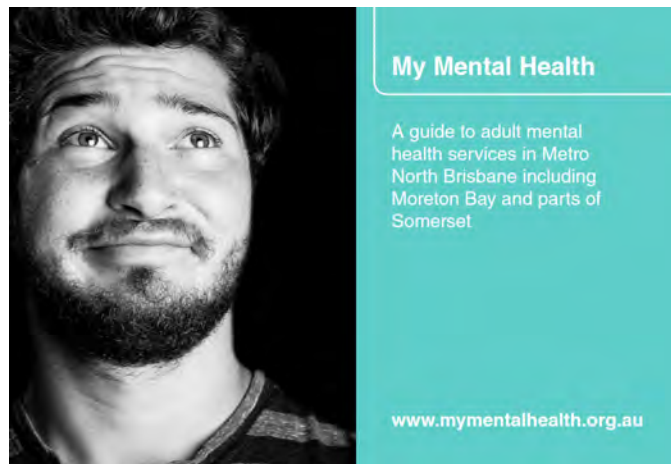
## Welcome to the Prospectus: July – December 2017

This booklet contains a wide range of recovery focused courses and programs aimed at supporting people to deal with the mental health challenges they experience and achieve the things they want out of life. A personally meaningful and satisfying life is possible despite mental health challenges.

### The Prospectus is also available on the following website

[www.mymentalhealth.org.au](http://www.mymentalhealth.org.au)

This website contains information about other mental health services, as well as community services and resources.



**My Mental Health**

A guide to adult mental health services in Metro North Brisbane including Moreton Bay and parts of Somerset

[www.mymentalhealth.org.au](http://www.mymentalhealth.org.au)



**My Mental Health**

A guide to adult mental health services in Metro North Brisbane including Moreton Bay and parts of Somerset

Use the site to:

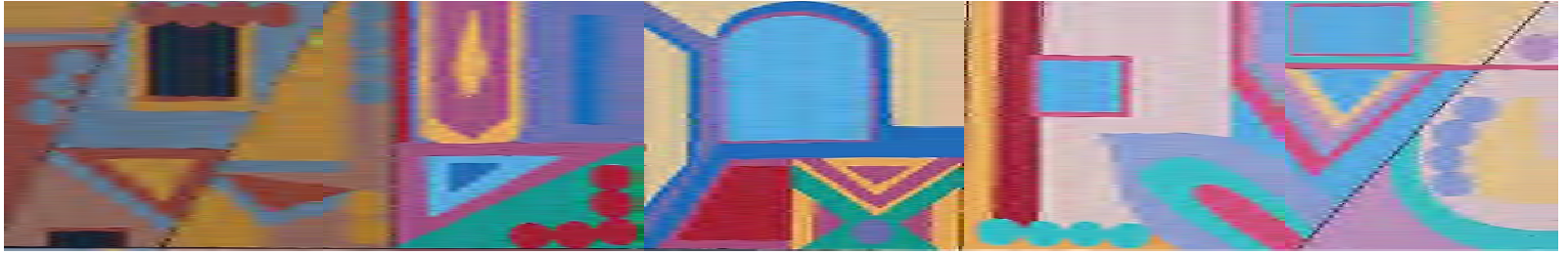
- understand the mental health sector
- find mental health services and supports
- get the latest news about services
- find and register to attend workshops and forums.

[www.mymentalhealth.org.au](http://www.mymentalhealth.org.au)

**NORTH BRISBANE  
PARTNERS  
IN RECOVERY**

Partners in Recovery is an initiative of the Australian Government





## How do I register for a course?

- Phoning the contact number to directly apply  
**OR**
- Filling in the form attached to the back of this prospectus and sending it via:

**Email:** [Recovery\\_Support\\_Services@health.qld.gov.au](mailto:Recovery_Support_Services@health.qld.gov.au)

**Post:** Recovery and Clinical Programs Team  
490 Hamilton Road, Chermside, Q 4032

**OR**

- Fill in the form online at [www.mymentalhealth.org.au](http://www.mymentalhealth.org.au)

If you have general questions about registering or any content in the prospectus please call:  
(07) 3139 3205 for more information.

### **Are you Nervous about participating?**

Or do you have any concerns about coming along to the programs?

Many participants are nervous about joining a program for the first time. Some people find it difficult talking in a group or being in a group, due to factors like loss of confidence. Some people find it difficult to concentrate because of the difficulties they are experiencing and are worried that they won't be able to follow the entire program. It's quite normal for participants to be nervous or worried about attending a course.

All program facilitators are there to support you.

If you would like extra support or to discuss your concerns, please contact the Program co-coordinators on the numbers provided.

### **Referral only icon**

**Some items are marked with this icon.**



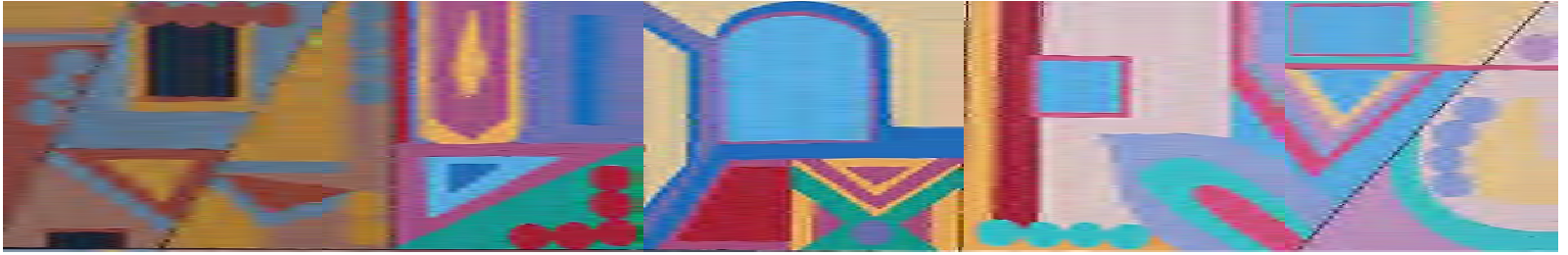
These programs can only be accessed by referral.

This means you must be a consumer of the following Mental Health Services in order to be eligible.

- Royal Brisbane
- The Prince Charles
- Redcliffe or Caboolture
- Participating NGO service

If you are interested in accessing these services or would like to know more details, please speak to your doctor or mental health clinician to discuss eligibility. Once a referral is made a staff member will contact you directly with further details.





## Course Contents

### Section 1: Understanding the experience of mental health problems and their treatment

These information courses are open to everybody: people experiencing mental health issues, carers and families, mental health workers and members of the community.

Managing depression Consumer Carer Forum	1
Electroconvulsive Therapy (ECT)	1
Why dieting is bad for you	2
Unravelling psychosis	2
Living with voices	3
Understanding the NDIS forums	3-4
Advanced Health Directive for Mental Health	5

### Section 2: Peer programs and how to get involved in our service

These courses and programs are open to people who are experiencing mental illness, who want to support each other on their journey, or get involved in the Companion and Volunteer Programs.

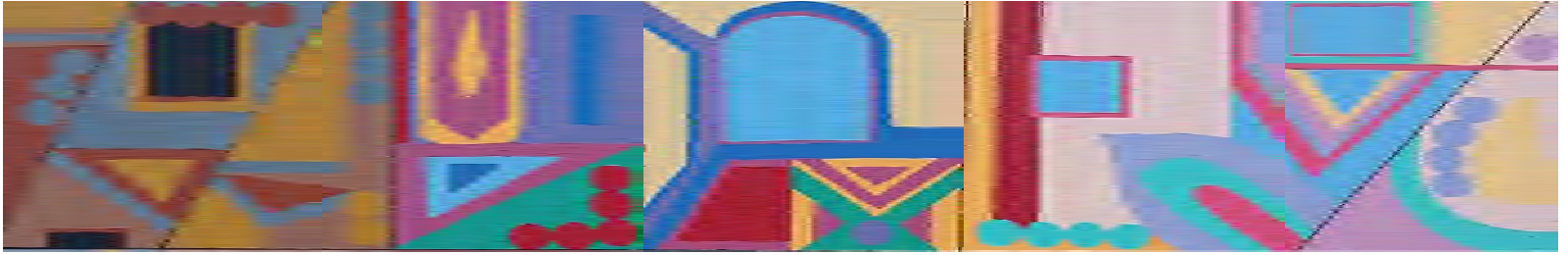
Consumer and Carer Individual Support Services	6
Peer Support and Network Groups	6-7
Hearing Voices	8-9
LGBTIQAP+ Support Groups	10
Metro North Mental Health Volunteer Program	11

### Section 3: Carer support programs

These courses and support groups are specifically designed for family and friends of people who are experiencing mental health challenges.

Strengthening Family Ties Early Psychosis (EP) Carer sessions	12
ARAFMI Carer Support Groups and workshops	12-14
Carers Queensland	14-15
Carers Week	15





## Section 4: Rebuilding your life

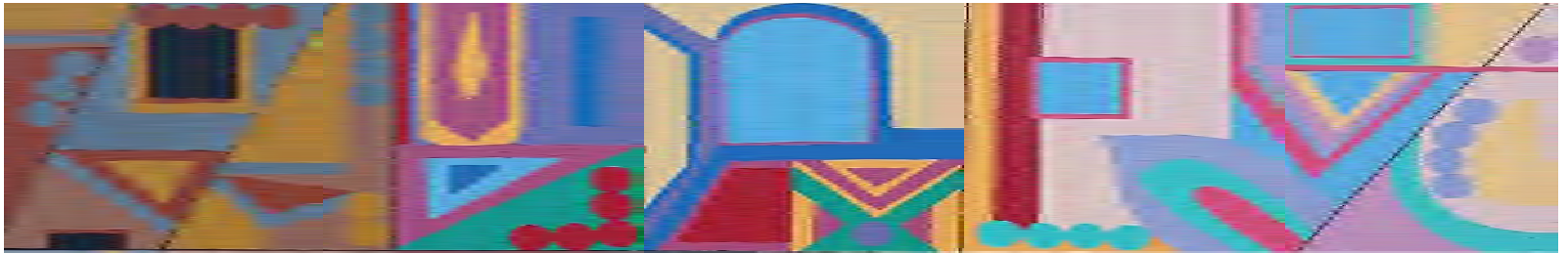
This section lists a range of courses and programs aimed at building skills, knowledge and links with your community to assist you in living the life you want.

Active Groups and Exercise	16-18
Art Programs	18-19
Building Social Confidence Course	20
Buried in Treasure Programs - Understanding Hoarding	20
Cognitive Remediation Programs	21
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Dialectical Behaviour Therapy (DBT) Program	22-23
Employment Program	23
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## Section 5: Registration Forms

43-45





## Section 1: Understanding the experience of mental health problems and their treatment:

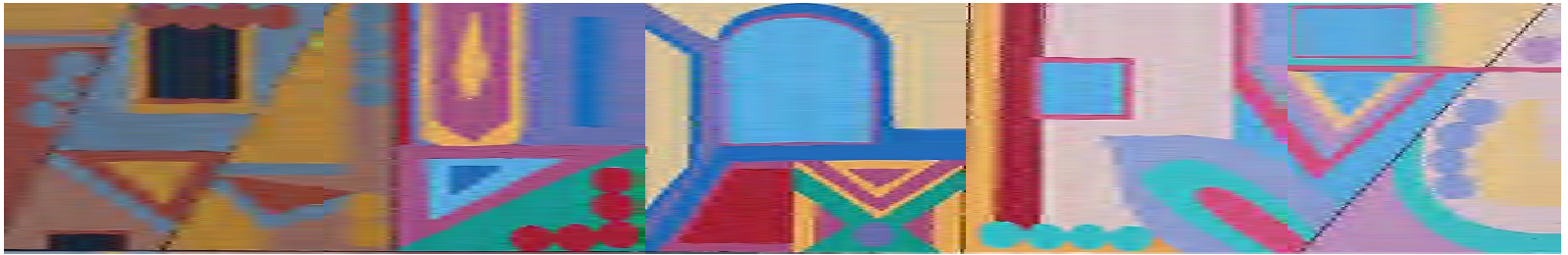
### Consumer and Carer Forum Managing Depression Chermside

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Consumer and Carer Forum Managing Depression	Tuesday 18 <sup>th</sup> July	12:30pm–4:30pm	Training Room, Chermside Community Health, 490 Hamilton Road, Chermside
<b>Program Outline</b>	<p>These information courses are open to everybody: people experiencing mental health issues, carers and families, mental health workers and members of the community</p> <p><b>What is Depression?</b></p> <p>Presented by Denae Crough, Senior Psychologist.</p> <p>This presentation will outline the nature of depression, and how it affects the lives of mental health consumers, as well as some of the ways carers and consumers can help to alleviate symptoms, in conjunction with interventions provided by mental health clinicians. There will be time allowed for any questions you may have about depression and how the MNMH service may be able to assist.</p>		
<b>How to Register</b>	<p>Phone Imani Consumer Consultant 3114 0803 or Email <a href="mailto:Imani.gunasekara@health.qld.gov.au">Imani.gunasekara@health.qld.gov.au</a></p> <p>RSVP by Wednesday 12<sup>th</sup> July</p>		

### Electroconvulsive Therapy (ECT) Herston

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Electroconvulsive Therapy (ECT)	Thursday 24 <sup>th</sup> August 2	11:00am–12:30pm	Education Centre RBWH, Butterfield Street, Herston
<b>Program Outline</b>	<p>Presented by Consultant Psychiatrist Dr Iti Agrawal.</p> <p>This session will explore ECT including a step by step explanation of the process; an explanation about what happens to the body when the patient is “under” and an explanation of side effects. We will discuss what to do if the service user is under a Treatment Authority and they don’t believe that ECT is working for them. We will talk about the Mental Health Act 2016 and how this affects ECT. We will also discuss the advantages of ECT as well as myths and facts.</p> <p>Yasmin will tell the story of her lived experience of depression and how ECT improved her pursuit to stop feeling unhappy.</p>		





<b>How to Register</b>	Phone Imani Consumer Consultant 3114 0803 or Email <a href="mailto:Imani.gunasekara@health.qld.gov.au">Imani.gunasekara@health.qld.gov.au</a> RSVP by Monday 21 <sup>st</sup> August
------------------------	--

### Why Dieting is bad for You

**Herston**

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Why Dieting is bad for You	Thursday 24 <sup>th</sup> October	1:00pm– 2:00pm	Education Centre RBWH, Butterfield Street, Herston
<b>Program Outline</b>	Presented by Dr Warren Ward, Director of the Eating Disorder Service at the Royal Brisbane and Women’s Hospital. Dr Ward will discuss the causes of obesity; the latest evidence regarding effectiveness of weight loss interventions; why dieting can be bad for you; the link between obesity, dieting and eating disorders, and focussing on health instead of weight.		
<b>How to Register</b>	Phone Imani Consumer Consultant 3114 0803 or Email <a href="mailto:Imani.gunasekara@health.qld.gov.au">Imani.gunasekara@health.qld.gov.au</a> RSVP by Wednesday 18 <sup>th</sup> October 2017		

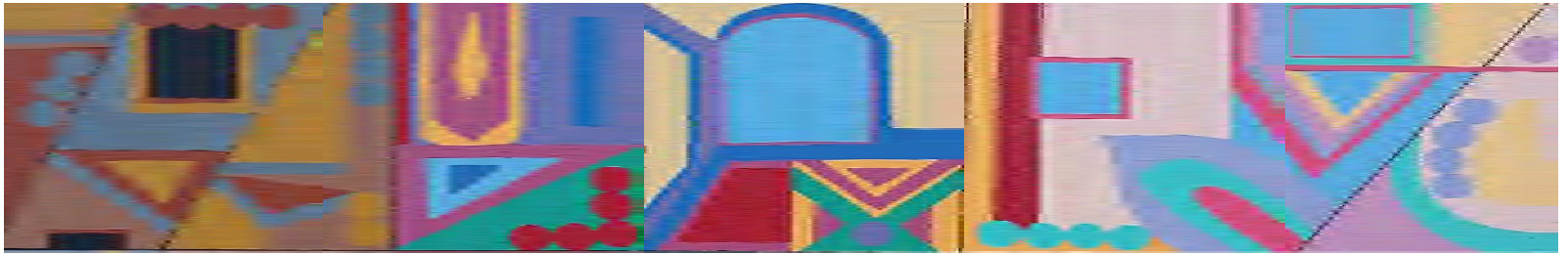
### Unravelling Psychosis

**Herston**

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Unravelling Psychosis	Thursday 23 <sup>rd</sup> November	12:15pm– 4:35pm	Education Centre RBWH, Butterfield Street, Herston
<b>Program Outline</b>	About three in every 100 Australians will experience psychosis at some time in their lives. It can be a confusing and sometimes frightening experience. However excellent treatments are available to reduce or even eliminate the symptoms. In this forum we will explore psychosis in depth including possible causes of psychosis, the use of medications and psychosocial treatments for psychosis. We will also hear from a person who has a lived experience of dealing with psychosis Psychosis: progress made and onward journey. Presented by Dr Frances Dark Psychosis a Lived Experience. Presented by Steven Dolman Psychosocial Treatments for Psychosis. Presented by Anne Gordon Mind Gym (CRT) for Psychosis. Presented by Alexis Clune Drugs and Psychosis. Presented by Dr Mark Daghish		
<b>How to Register</b>	Phone Imani Consumer Consultant 3114 0803 or Email <a href="mailto:Imani.gunasekara@health.qld.gov.au">Imani.gunasekara@health.qld.gov.au</a> RSVP Friday 17 <sup>th</sup> November		







## Living with Voices Information

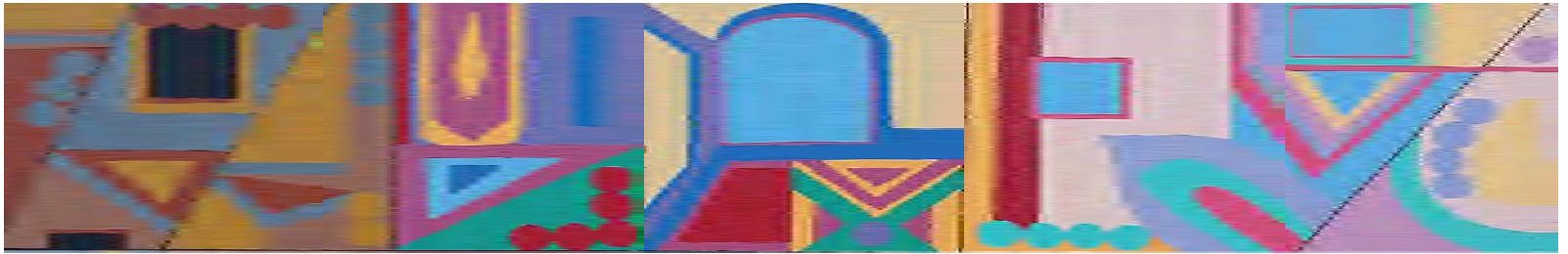
## Various locations

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Living with Voices	Thursday 27 <sup>th</sup> July	12.30pm-2.30pm	Blue Room, Caboolture Community Health Centre, McKean St, Caboolture
	Thursday 31 <sup>st</sup> August	12.30pm-2.30pm	Building 26 Chermside Community Health Centre, 490 Hamilton Rd Chermside
	Thursday 28 <sup>th</sup> September	12.30pm-2.30pm	Conference Room Pine Rivers Community Health Centre, 568 Gympie Rd Strathpine
	Thursday 19 <sup>th</sup> October	12.30pm-2.30pm	Large meeting room Redcliffe Community Health Centre, 181 Anzac Ave, Kippa-Ring
<b>Program Outline</b>	Did you know that voice hearing is a common experience? About 10% of people in Australia hear voices at some point in their lives. This is a short workshop about living with voices, which will include presentation from a person with a lived experience. We will talk about strategies to manage unwanted or distressing voices and provide information on services and treatments for additional support.		
<b>How to Register</b>	Phone 3139 3205 or email <a href="mailto:Recovery_Support_Services@health.qld.gov.au">Recovery_Support_Services@health.qld.gov.au</a>		

## Understanding the National Disability Insurance Scheme (NDIS) Forums

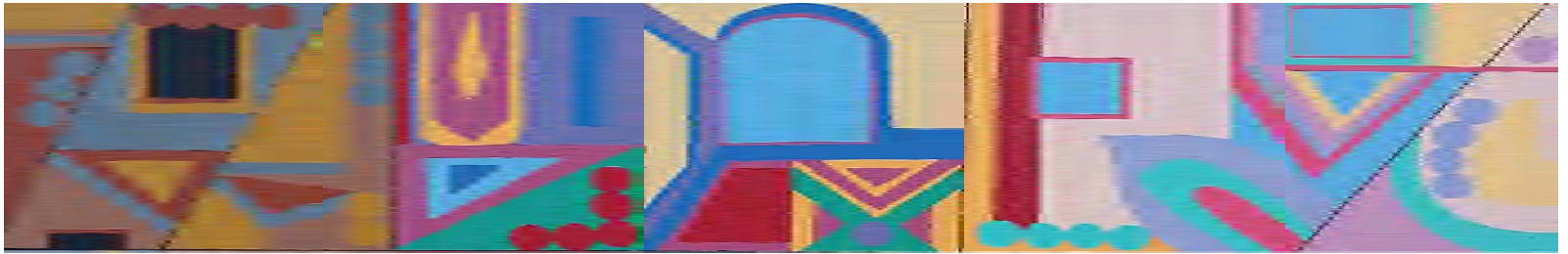
<b>Name of Organisation</b>	Metro North Mental Health		
Do you want more information about the NDIS? RSVP for our workshop to find out the facts.		Want to understand how it will affect you?	
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
NDIS Caboolture	Thursday 12 <sup>th</sup> October	10:00am-12:00pm	Connections Wellbeing Centre Suite 32, 8-22 King St, Caboolture





<b>How to Register</b>	RSVP to Complex Care Coordinator (Red/Cab) 0418 761 834		
NDIS <b>Redcliffe</b>	Friday 20 <sup>th</sup> October	10:00am-12:00pm	RFQ Community Hall, Cnr of Oxley Ave and Portwood St, Redcliffe
<b>How to Register</b>	RSVP to Complex Care Coordinator (Red/Cab) 0418 761 834		
NDIS <b>Chermside</b>	Wednesday 8 <sup>th</sup> November	1:30pm-3:30pm	Training Room Chermside Community Health Centre 490 Hamilton Road Chermside
<b>How to Register:</b>	RSVP to Complex Care Coordinator (TPCH) 0407 651 902		
NDIS <b>Herston</b>	Thursday July 20 <sup>th</sup>	1:00pm- 4:00pm	The Hub Mental Illness Fellowship Queensland, Corner of Gilchrist Ave and Herston Rd, Herston
	Monday August 21 <sup>st</sup>	12:30pm- 2:30pm	
	Monday September 11 <sup>th</sup>	12:30pm- 2:30pm	
	Wednesday October 18 <sup>th</sup>	1:00pm- 4:00pm	
	Thursday November 16 <sup>th</sup>	10:00am- 12:00pm	
	Monday December 4 <sup>th</sup>	12:30pm- 2:30pm	
<b>How to Register</b>	Please contact the MIFQ office if you would like further information. Ph: 3358 4424		
<b>Program Outline</b>	<p>The NDIS is the new way of providing support to people with a psychosocial disability to have a positive impact on your everyday life.</p> <p>An NDIS participant's individualised plan documents their goals and how much funded support they need to achieve those goals. How the support will be provided is worked out between the participant and the support provider. This can include using more hours of support during crisis periods and less when things are going well.</p> <p>The NDIS is designed to work alongside existing government service systems, including health, education, housing and mental health specific treatment services. People with mental health issues often require support from a range of sources such as community, family, friends, local or private mental health services and other mainstream systems. The NDIS works closely and in partnership with these other support systems and does not replace them.</p>		





## New—Mental Health Act (Qld) 2016 Advance Health Directives for Mental Health

### Ensure your mental health care choices are respected if you become unwell

The new Mental Health Act is active in Queensland from March 2017. It enables you to express your views, wishes, and treatment preferences formally in a new document called an Advance Health Directive for mental health. This allows you to have your say and plan for future health care treatment should you become unwell.

#### With the new Advance Health Directive for mental health you can:

- Discuss future treatment preferences with your doctor and have a formal document to reflect your wishes
- Inform your treating team about your recovery journey plans
- Choose support people you trust to assist in making healthcare decisions for you, should you become unwell. You can also set limits on the decisions they can make.

### Consumer, Family and Carer Workshops Metro North Hospital and Health Service

These free workshops are for individuals who experience mental health concerns, their family and carers. Attending a workshop can help you understand the new Advance Health Directive for mental health.

Date:	Time:	Venue:
Wednesday 7 <sup>th</sup> July	1:00pm – 3:00pm	Chermside Bowls Club 468 Rode Rd Chermside (Parking at rear)
Tuesday 8 <sup>th</sup> August	2:00pm – 4:00pm	Redcliffe Library 476 Oxley Ave Redcliffe

Workshops are open to all interested consumers, families and carers. You only need to attend one. This workshop is not suitable for service providers.

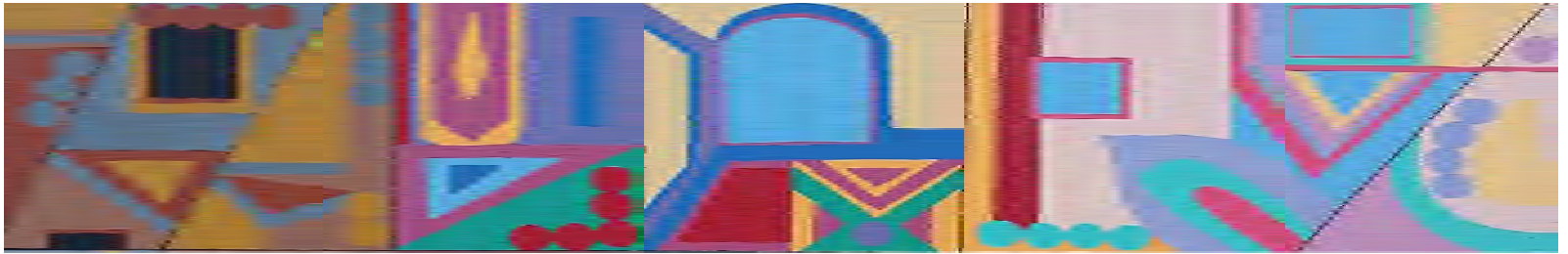
Other workshops available in locations across Queensland. To find out more please email: [guardianship2@adaaustralia.com.au](mailto:guardianship2@adaaustralia.com.au)

Funded by Queensland Health, and presented by:



More information about the **Mental Health Act 2016 (Qld)**  
[health.qld.gov.au/mental-health-act](http://health.qld.gov.au/mental-health-act)





## Section 2: Peer programs and how to get involved in our service

These courses and programs are open to people who are experiencing mental illness, who want to support each other in their journey, or get involved in the Companion and Volunteer Programs. A peer group run by consumers for consumers - Support is a must with recovery and time has shown that peer support/groups work well in aiding recovery. Allowing time to recover is important. Anyone is welcome to join our groups to support you in your recovery process.

### Consumer and Carer Services

#### Individual peer support from Consumer Consultants and Recovery Support Workers

Metro North Mental Health employs Consumer/Carer Consultants and Recovery Support Workers who have a lived experience of recovery of mental illness or caring for someone with a mental illness. The purpose of these roles is to provide professional peer support and promote consumer, carer and family participation in the planning, delivery and evaluation of services. For more information about Consumer and Carer Services and individual support please see contacts below.  
Email: [mnmh.consumer.carer.services@health.qld.gov](mailto:mnmh.consumer.carer.services@health.qld.gov)

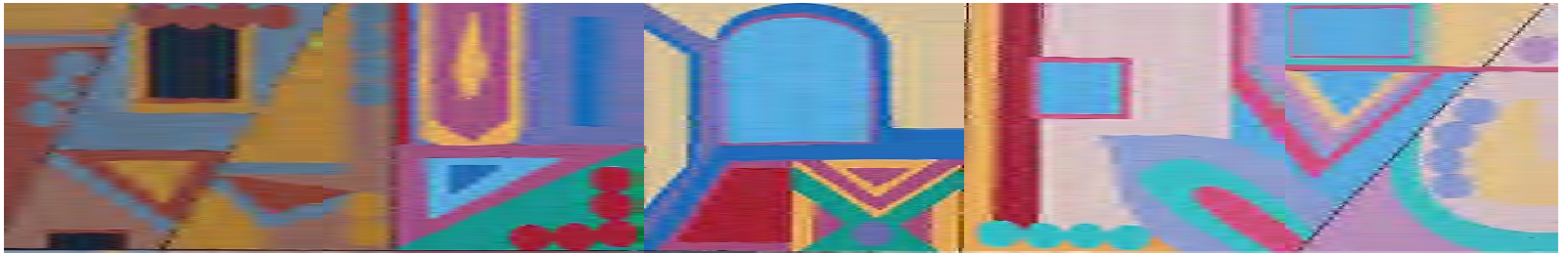
<b>Redcliffe-Caboolture</b> <i>Consumer/Carer Consultant</i> Steven Dolman	Ph. 5433 8775
<b>The Prince Charles Hospital</b> <i>Consumer/Carer Consultant</i> Tricia Carter	Ph. 3139 4561
<b>Royal Brisbane &amp; Women's Hospital</b> <i>Consumer Consultants</i> Imani Gunasekara, Catherine Flynn <i>Carer Consultant</i> Yasmin Groom	Ph. 3114 0803

#### Peer Support Groups

#### Various locations

Consumer and Carer Services Metro North Mental Health Service		
Day:	Time:	Venue:
Mondays	10:00am-11:30pm	<b>Herston:</b> The Hub, Mental Illness Fellowship Queensland, 298 Gilchrist Ave Herston.
Tuesdays	1:00pm– 2:30pm	<b>Pine Rivers:</b> Community Health Centre, 568 Gympie Rd, Strathpine.
Thursdays	9:30am– 11:00am	<b>Nundah:</b> HELP Employment, Nundah Central, 1176 Sandgate Rd, Nundah
Thursdays	1:00pm– 2:30pm	<b>Caboolture:</b> Connections, Suite 32, 8-22 King St, Caboolture
Fridays	1:00pm 2:30pm	<b>Chermside:</b> Community Health Centre, 490 Hamilton Rd Chermside
<b>How to Register</b>	Drop in or phone	<b>Consumer and Carer Services</b> on 3114 0803 for more information





### Kilcoy

Kilcoy		
Wednesdays	10:00am– 12.30pm	<b>Kilcoy:</b> RSL Sub Branch, The Anzac Room Kennedy St Kilcoy (optional stay for lunch BYO)
<b>How to Register</b>	Phone Peer Support Group Co coordinator Jacqui 0412 417 866	

### Redcliffe

Aftercare		
Fridays  Until December 15 <sup>th</sup>	10:00am– 11:30am	<b>Kippa-Ring:</b> Aftercare Office, Unit 5 /180 Anzac Av, Kippa Ring. A Support Group offering encouragement and strategies that also receives mentoring from a Peer Support Worker with lived experience (OCD, depression and anxiety). We hope to offer an understanding environment where people can feel comfortable to talk through their feelings and experiences. We may make use of workbooks produced by the Centre For Clinical Interventions (W.A. Department of Health) and other resources. These workbooks are full of practical tools and strategies to help people living with mental illness.
<b>How to Register</b>	Please contact to discuss the support group before attending on 3448 7120 or email <a href="mailto:PHaMsRedcliffe@aftercare.com.au">PHaMsRedcliffe@aftercare.com.au</a>	

### Morton Social Support Network

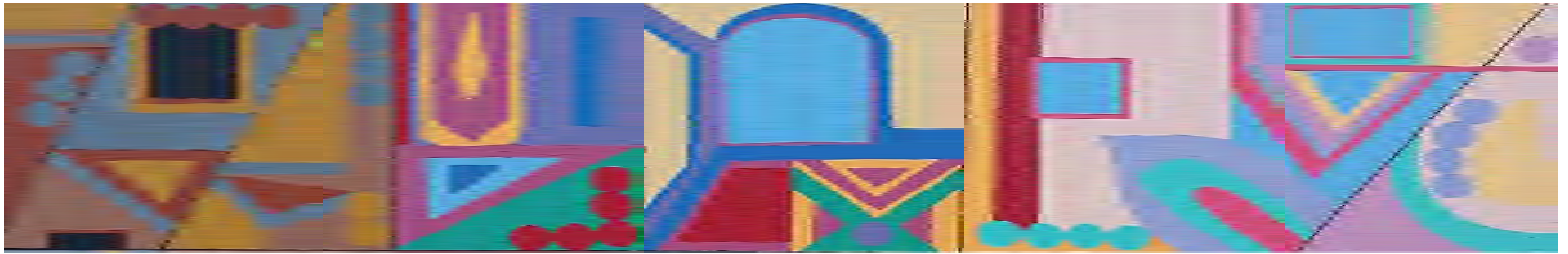
### Caboolture

Date:	Time:	Venue:
Saturdays	10:00am – 2:00pm	<b>Caboolture:</b> Caboolture Neighbourhood Centre, 9 George St, Caboolture
<b>How to register</b>	A social support group run by peers for peers who find themselves isolated or in need of support. Phone Christopher Ison 0408 706 745	

### Brisbane North Primary Health Network (PHN)

<b>Name of Organisation</b>	Brisbane North PHN		
Name of Program/Workshop/Course	Date	Time	Venue
Peer Participation in Mental Health Services (PPIMS) Network Meeting	Second Tuesday of each Month 11/7, 12/9, 10/10, 12/12	9:30am- 11:30am  2:00pm- 4:00pm	Lutwyche area – various venues  North Lakes area – various venues
Combined Peer Network Meeting	8/8, 14/11	1:00pm- 4:00pm	Chermside
<b>Program Outline</b>	The Peer Participation in Mental Health Services (PPIMS) network has membership of people with a lived experience with mental health issues (either as a consumer or carer) who want to actively participate		





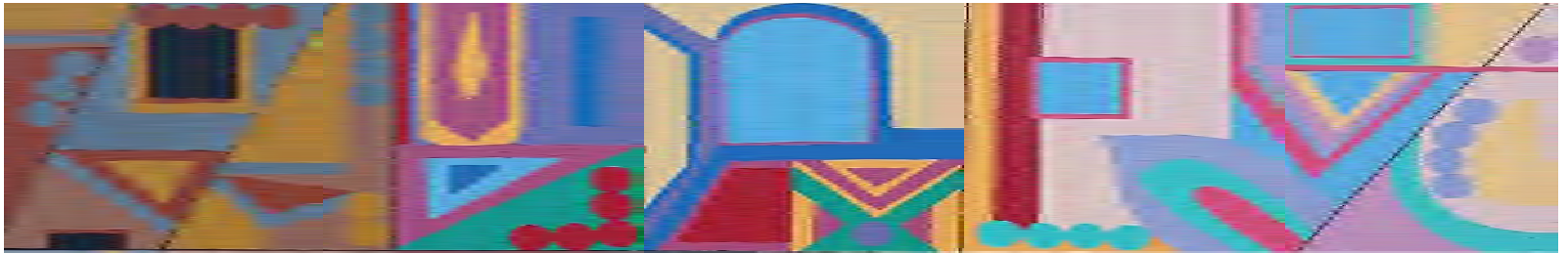
	<p>in the development, implementation and review of mental health services in the region. The network meets every second Tuesday of the month in two locations (Lutwyche and North Lakes). On a quarterly basis the two networks combine (August and November). The network meetings consist of:</p> <ul style="list-style-type: none"> <li>• Service and program updates</li> <li>• Other consumer, carer and peer participation opportunities</li> <li>• Upcoming training, workshops and skills development</li> <li>• Upcoming events</li> </ul> <p>Guest speakers are engaged to provide updates around a range of issues of interest to the network including policy, program and consultations. Opportunities for specific workshops and consultations also occur.</p> <p>Network members also receive regular email updates, news, employment, training and event opportunities.</p>
<b>How to Register</b>	<p>To RSVP and become a member of the network please contact Paula Arro – Consumer/Carer Participation Coordinator          Brisbane North PHN          Ph: 3490 3437          Email: <a href="mailto:paula.arro@brisbanenorthphn.org.au">paula.arro@brisbanenorthphn.org.au</a>          Level 2, 10 Endeavour Dr, North Lakes QLD 4509</p>

### Hearing Voices Peer Support

### West End

<b>Name of Organisation</b>	Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program <a href="http://www.footprintsinc.org.au">www.footprintsinc.org.au</a>		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Hearing Voices Group	Thursdays	1:30pm– 3:00pm	31 Thomas Street, West End – Downstairs, Group Room
<b>Program Outline</b>	People who share the experience of hearing voices meet together weekly to help and support each other, to exchange information and to learn from one another. This is based on the principle of peer support. Voice hearers meet to share experiences, explore different ways of managing and coping with voices, and access information and resources to learn about the recovery process.		
<b>How to Register</b>	Naoko Hansen ARC Group Coordinator Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>		





## Hearing Voices Support Group

## Herston

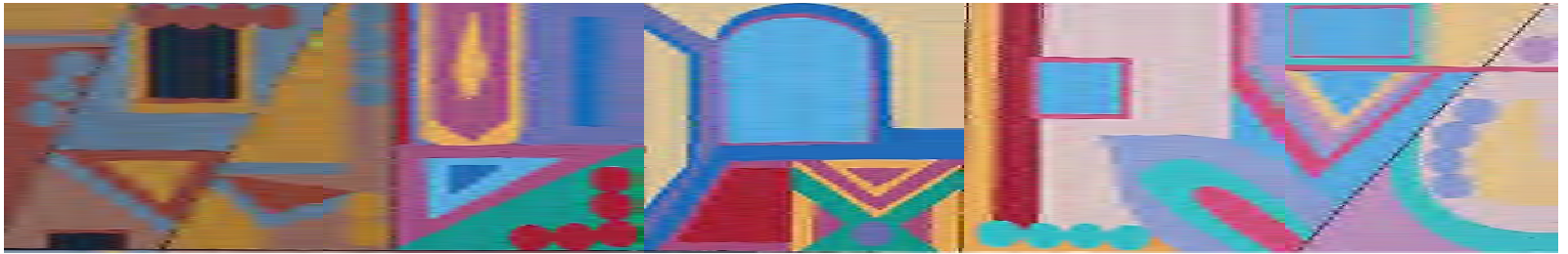
Name of Program/Workshop/Course	Date	Time	Venue
Hearing Voices Group	Mondays	3:00pm-4:00pm	MIFQ-298 Gilchrist Ave, Herston
<b>Program Outline</b>	This is a confidential, safe space to explore the experience of hearing voices. The group is open to anyone who hears voices or has other sensory experiences that other people do not.		
<b>How to Register</b>	No registration necessary. Please contact the MIFQ office if you would like further information. Ph: 3358 4424		

## Hearing Voices

## Caboolture

Name of Organisation	Connections Inc.		
Name of Program/Workshop/Course	Date	Time	Venue
Hearing Voices Group	Tuesdays	2:00pm – 3:30pm	Connections Training & Wellness Centre Shop 1, 8-22 King St Caboolture
<b>Program Outline</b>	<p>Hearing Voices Groups are based firmly on an ethos of self-help, mutual respect and empathy. They provide a safe space for people to share their experiences and support one another. They are peer support groups, involving social support and belonging, not therapy or treatment. However, groups do offer an opportunity for people to accept and live with their experiences in a way that helps them regain some power over their lives.</p> <p>This group is for people to come together, those who hear voices, see visions and other sensory experiences, to support each other in a safe and welcoming space.</p>		
<b>How to Register</b>	Contact Shannon or Megan on 07 5495 3472 for further information, or to register your interest in coming along.		





### LBGTI Mental Health Support Group

Caboolture

<b>Name of Organisation</b>	Connections		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Connect AGAIN lesbiAn Gay bisexuAl trans INtersex Support Group	Mondays	TBA	Connections Training & Wellness Centre Shop 1, 8-22 King St Caboolture
<b>Program Outline</b>	Connect AGAIN is a new support Group for LBGTI community members offering support with issues around mental health. This group is for people over the age of 18.		
<b>How to Register</b>	Contact Zeke on 07 5495 3472 for further information, or to register your interest in coming along.		

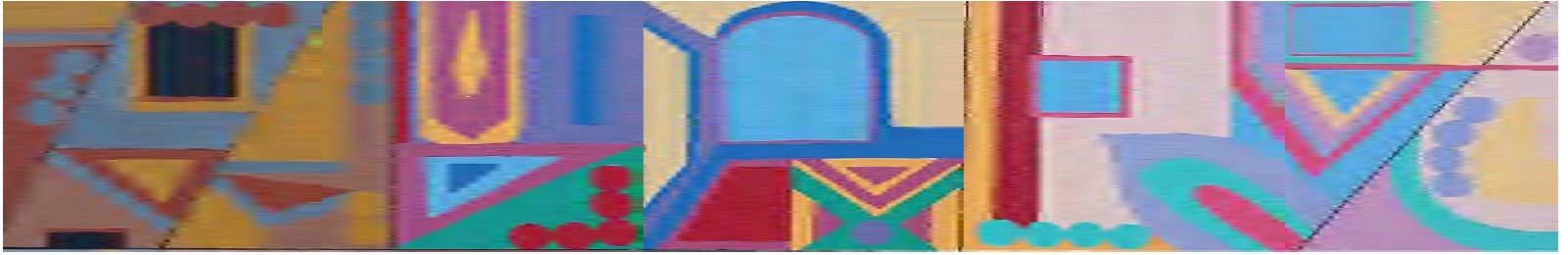
### LGBTIQAP Support Group

Caboolture

<b>Name of Organisation</b>	The Ted Noffs Foundation		<a href="http://www.noffs.org.au">www.noffs.org.au</a>
Russell Workman QLD Manager	4G/21 Station Road, Woodridge 4114	0477 011 222 1800 753 300	
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
LGBTIQAP+ Support Group	Every second Wednesday	3:00pm- 4:30pm	7/29-31 King Street, Caboolture
<b>Program Outline</b>	LGBTIQAP+ Support Group: A fortnightly support group open to youth aged 13-18 who identify with the LGBTIQAP+ community. The focus of the group is to provide support and connection for members of the LGBTIQAP+ community in a safe space. Participants can gain information relating to sexuality; health; alcohol and other drugs and support provided by other services. This is a non-clinical group that provides a safe space for participants to engage in peer support and receive information.		
<b>How to Register</b>	A formal referral is not required for the LGBTIQAP+ Support Group. Young people are welcome to come to the venue and engage in either program. For further information, please call 1800 753 300.		







## **The Metro North Mental Health Volunteer Program**

The Mental Health Volunteer Program has been an essential part of the service and well over 100 people have been part of the program since its inception in 2005. Our volunteers are a varied group of people. They consist of people with a lived experience, carers, professional students, and people who just want to help.

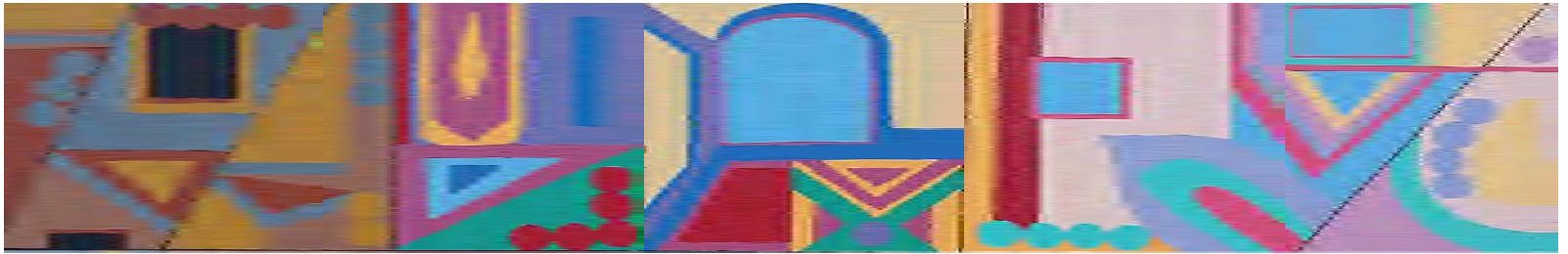
Volunteers are invited to be involved in many areas within the service primarily the Acute Inpatient Units, the Secure Mental Health Rehabilitation Units, and the Community Care Units. Volunteers visit usually once or twice a week for a few hours, helping around the facilities, offering support and companionship to consumers of the service.

**For more information:** to find out more about the application process please contact

- Jeff Owen (TPCH) ph. 31395746
- Steve Dolman (Red-Cab) ph. 54338568
- RBWH Foundation ph. 3646 1768
- Consumer and Carer Services ph. 3114 0803

Once you have applied, you will be asked to attend an interview and offered an orientation program. If you become a volunteer, ongoing education and support are offered.





### Section 3: Carer Support Groups:

These courses and support groups are specifically designed for family and friends of people who are experiencing mental health challenges.

#### Strengthening Family Ties

Nundah

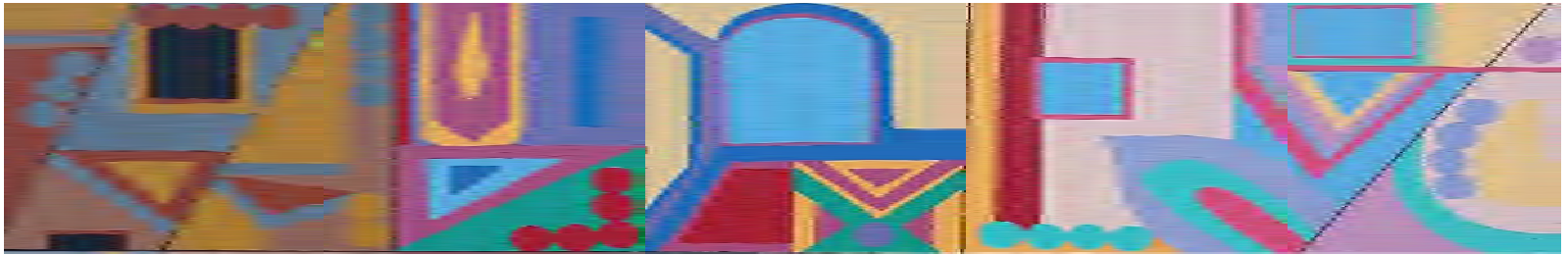
<b>Name of Organisation</b>	Metro North Early Psychosis Services		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
"Strengthening Family Ties"	TBA	6:00pm-7:30pm	Ground Floor, 10 Nellie Street, Nundah
<b>Program Outline</b>	<p>"Strengthening Family Ties" is a carer education workshop focused on providing education and support to carers, families and significant others of consumers seeing the Early Psychosis Service. The program is comprised of four didactic sessions where clinicians discuss important matters such as signs and symptoms of psychosis, prescribed medications, and the impact of substances on recovery. Other sessions focus on community and carer supports, recovery principles and the mental health act, among other topics. Opportunities exist to ask questions and meet other people with similar experiences.</p>		
<b>How to Register</b>	<p>This Program is run exclusively for young person's carers, significant others or support persons open to the Metro North Early Psychosis Team. Please phone 3146 2589 before attending to check on eligibility.</p>		

#### Arafmi Support Groups

Various locations

<b>Name of Organisation</b>	Arafmi Mental Health Carers Arafmi House 76 Merthyr Rd New Farm 4005 Ph: 3254 1881 <span style="float: right;">www.arafmiqld.org</span>		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Indooroopilly Carer Support Group	First Thursday of each month	1:30pm-3.30pm	<b>Indooroopilly:</b> Library Meeting Room Westfield Indooroopilly (next to Cinema)
Fortitude Valley Carer Support Group	Fourth Tuesday of each month	10:00am-12:00pm	<b>Fortitude Valley:</b> Integrated Adult mental Health, 162 Alfred St, Fortitude Valley
Redcliffe Carer Support Group	Third Friday of each month	10:00am-12:00pm	<b>Redcliffe:</b> Encircle Redcliffe Neighbourhood Centre, 1 Lamington Drive, Redcliffe
Strathpine Carer Support Group	Second Thursday of each month	6:00pm-8:00pm	<b>Strathpine:</b> Pine Rivers Community Health Centre, 568 Gympie Rd, Strathpine





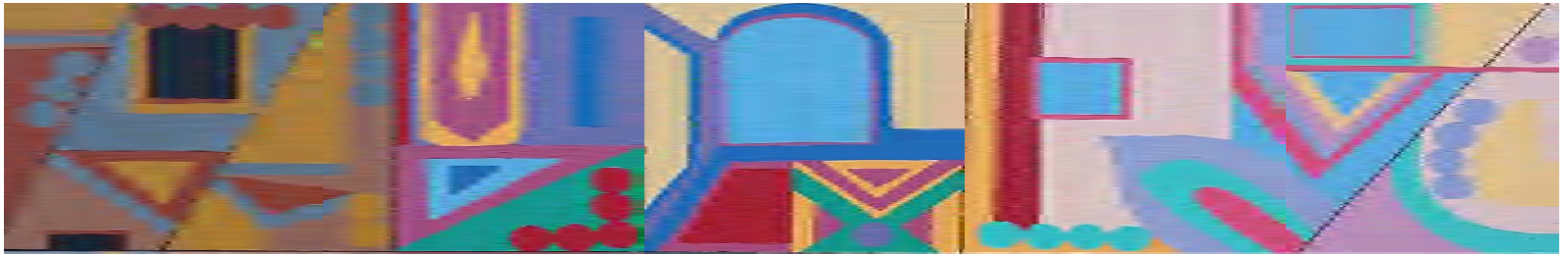
New Farm Carer Support Group	Last Saturday of each month	10:00am-12:00pm	<b>New Farm:</b> Arafmi House 52 Merthyr Rd, New Farm
<b>Program Outline</b>	Arafmi Carer Support Groups provide a safe place for carers to share their feeling, offer comfort and support others, share helpful coping skills... or simply listen and observe.		
<b>How to Register</b>	Phone Ruth Hippisley, Arafmi House on 3254 1881 or just turn up to a meeting.		

### ARAFMI Carer Workshops

### Various locations

Name of Organisation	ARAFMI Carer Workshops		
Name of Program/Workshop/Course	Date	Time	Venue
<b>JULY</b>			
Grief and Beyond	Tuesday 11 <sup>th</sup>	9:30am-1:00pm	New Farm
Bouncing Back – Building Resilience	Saturday 22 <sup>nd</sup>	9:00am-12:30pm	New Farm
Grief and Beyond	Friday 28 <sup>th</sup>	9:30am-1:00pm	Redcliffe
The Power of Personal Boundaries	Monday 31 <sup>st</sup>	9:30am-1:00pm	New Farm
<b>AUGUST</b>			
Understanding and Supporting Recovery	Wednesday 2 <sup>nd</sup>	9:30am-1:00pm	Lutwyche
Effective Communication	Tuesday 8 <sup>th</sup>	9:30am-1:00pm	New Farm
Understanding and Supporting Recovery	Monday 14 <sup>th</sup>	9:30am-1:00pm	New Farm
Dual Diagnosis – Mental Illness and Substance Use	Wednesday 23 <sup>rd</sup>	9:30am-1:00pm	New Farm
Coping Skills for Carer	Tuesday 29 <sup>th</sup>	9:30am-1:00pm	Narangba
<b>SEPTEMBER</b>			
Fit for Caring	Saturday 9 <sup>th</sup>	9:00am-12:30pm	New Farm
The Power of Personal Boundaries	Tuesday 12 <sup>th</sup>	9:30am-1:00pm	New Farm
Let's Talk about Suicide	Monday 25 <sup>th</sup>	9:30am-1:00pm	New Farm
<b>OCTOBER</b>			
Understanding and Supporting Recovery	Wednesday 4 <sup>th</sup>	9:30am-1:00pm	New Farm





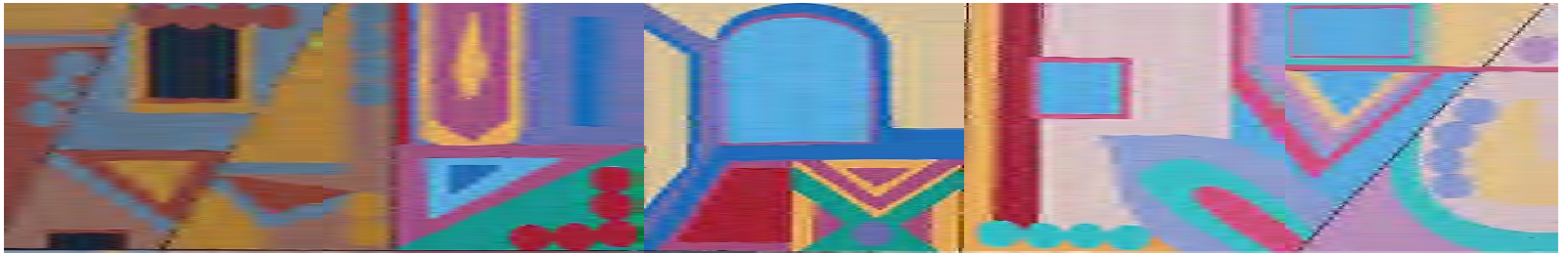
Effective Communication	Wednesday 18 <sup>th</sup>	9:30am-1:00pm	New Farm
Bouncing Back – Building Resilience	Friday 27 <sup>th</sup>	9:30am-1:00pm	Redcliffe
Coping Skills for Carers	Monday 30 <sup>th</sup>	9:30am-1:00pm	New Farm
<b>NOVEMBER</b>			
Bouncing Back – Building Resilience	Tuesday 7 <sup>th</sup>	9:30am-1:00pm	New Farm
Grief and Beyond	Monday 13 <sup>th</sup>	9:30am-1:00pm	New Farm
The Power of Personal Boundaries	Wednesday 15 <sup>th</sup>	9:30am-1:00pm	Lutwyche
Dual Diagnosis – Mental Illness and Substance Use	Wednesday 22 <sup>nd</sup>	9:30am-1:00pm	New Farm
<b>DECEMBER</b>			
Understanding and Supporting Recovery	Saturday 2 <sup>nd</sup>	9:00am-12:30pm	New Farm
The Power of Personal Boundaries	Tuesday 5 <sup>th</sup>	9:30am-1:00pm	Narangba
The Power of Personal Boundaries	Monday 11 <sup>th</sup>	9:30am-1:00pm	New Farm
Effective Communication	Tuesday 19 <sup>th</sup>	9:30am-1:00pm	New Farm
<b>Program Outline</b>	Provides emotional support for carers/family and friends at a range of times and locations across Brisbane. Provides accurate information, assists carers to cope with demands and pressures of care giving. (Morning tea provided)		
<b>How to Register</b>	Phone Arafmi House 3254 188 or email <a href="mailto:carereducation@arafmiqld.org">carereducation@arafmiqld.org</a>		

### Carers Queensland INC Support groups

### Various locations

<b>Name of Organisation</b>	Carer Queensland North Side Support Groups 236 Stafford Rd, Stafford Ph: 3624 1700 /1800242686		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Redcliffe Parkinson's Carer Support Group	Fourth Friday of each month	9:30am–11:30am	Redcliffe Library Meeting Room 476 Oxley Avenue, Redcliffe Maureen Ph: 3880 2895



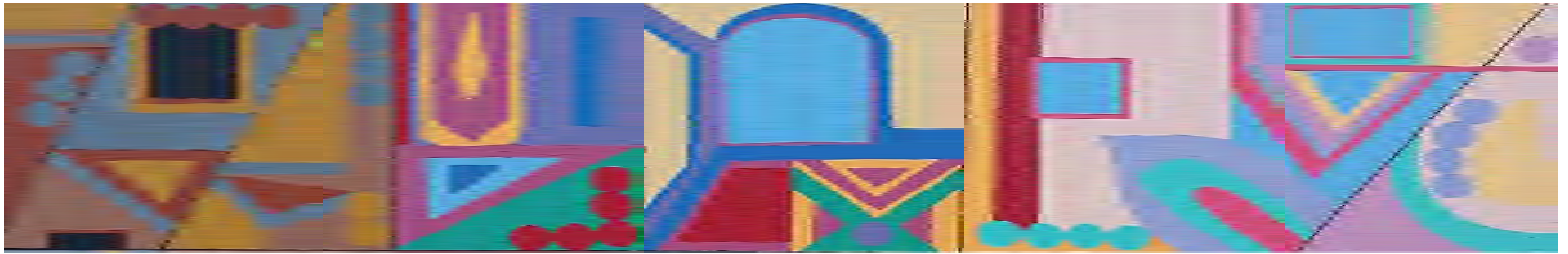


Petrie Carer Support Group	First Thursday of each month	10:00am-12:00pm	Hyland House, Mundin St, Petrie
Brisbane North Carer Support Group	Fourth Thursday of each month	10:00am-12:00pm	Carers Queensland Stafford Office, 236 Stafford Rd, Stafford
Moreton Bay Carers Support Group	Fourth Wednesday of each month	9:30am-11:30am	Redcliffe Library, 476 Oxely Ave Redcliffe
Westside Carer Support Group	First Thursday of each month	10:00am-12:00pm	Kenmore Library, Kenmore Village Shopping Centre, 9 Brookfield Road, Kenmore
Arana Hills Carer Support Group	Third Thursday of each month	10:00am-12:00pm	Arana Hills Library, 2 Bringelly St, Arana Hills
Brisbane North Mental Health Carers Support Group	First Friday of each month	10:00am-12:00pm	Carers Queensland Stafford Office, 236 Stafford Rd Stafford.
Caboolture Mental Health Carer Support Group	Second Thursday of each month	10:00am-12:00pm	Caboolture Memorial Bowls Club, 101 King St Caboolture
<b>Program Outline</b>	Support groups are held at different locations around Brisbane. They provide a welcoming space for those caring for a loved one with a mental illness, chronic illness, disability or frail and aged.		
<b>How to Register</b>	No registrations required		

## Carers Week Queensland 2017


Name of Organisation	Carers Qld		
Name of Program/Workshop/Course	Date	Time	Venue
Carers Week Mini Expo	Monday 16 <sup>th</sup> October	10:00am-12:00pm	TBA
High Tea	Wednesday 18 <sup>th</sup> October	9:30am-11:30am	Burnie Brae, 60 Kuran St, Chermshire
Garden Party	Friday 20 <sup>th</sup> October	10:00am-12:00pm	Mt Cootha
<b>How to Register</b>	Invitations confirming details will be circulated closer to the date. Please call Carers Qld Brisbane North 3624 1700 or email <a href="mailto:smerritt@carersqld.asn.au">smerritt@carersqld.asn.au</a>		





## Section 4: Rebuilding your life

This section lists a range of courses and programs aimed at building skills, knowledge and links with your community to assist you in moving to where you want to be, in living the life you want.

**Referral Only Section:**  These courses, programs and individual therapy sessions are accessed by referral only. This means you must be a consumer of the Royal Brisbane, the Prince Charles, Redcliffe or Caboolture Mental Health Services in order to be eligible for services.

If you are interested in accessing these services or would like to know more details, please speak to your doctor or mental health clinician. Once a referral is made a specialist will then contact you directly with further details.

### Active Groups and Exercise

#### Mind and Body Group

#### West End

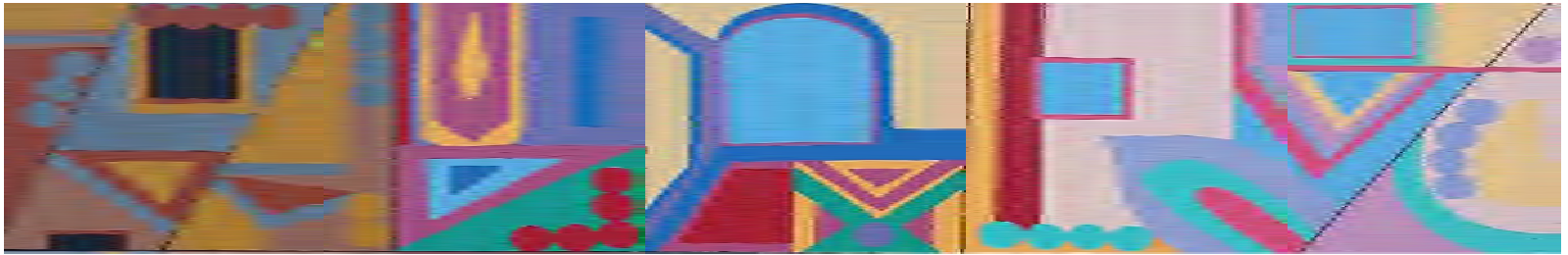
<b>Name of Organisation</b>	Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Mind and Body Group	July 4 sessions	TBA	31 Thomas Street, West End – Downstairs, Group Room
	September 4 sessions		31 Thomas Street, West End – Downstairs, Group Room
	November 4 sessions		31 Thomas Street, West End – Downstairs, Group Room
<b>Program Outline</b>	The Mind and Body Awareness Group has been designed to increase your understanding of stress and anxiety, and learn self-soothing strategies to help yourself in distressing situations. The group will help you to get in touch with your body and respond to the signals. The group also explore many practical activities which you can take away and apply in your life. At the end of the 4weeks session, participants will have their own strategy card.		
<b>How to Register</b>	Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>		

#### Next Steps

#### Various locations

<b>Name of Organisation</b>	Neami National		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Next Steps	Ongoing	10:30am	Various public parks and walking tracks in Nundah, Chermside and Strathpine
<b>Program Outline</b>	Next Steps is a local walking group that goes for six weeks, offers the opportunity to improve your fitness in a supportive environment; socialise with other people; engage with nature and green environments; identify and achieve related goals.		





<b>How to Register</b>	Please phone Tanya, Community Rehabilitation Support Worker, at the Neami Strathpine office Ph:3205 6622 or email <a href="mailto:strathpine@neaminational.org.au">strathpine@neaminational.org.au</a>
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### Over 65, All about living

### Brighton

Name of Organisation	All About Living		
Name of Program/Workshop/Course	Date	Time	Venue
<b>Body Movement Class</b> Weekly exercise program: Numbers limited, Please book in	Wednesdays	10:00am– 11:00am	174 Baskerville Street, Brighton
<b>Mixed Gender Group</b> a combination of Social outings in the community and activity centre.	Thursdays	10:00am– 1:00pm	Various community locations
<b>Lifestyle Program</b> Regular weekly exercise Numbers limited, please book in	Fridays	10:00am– 11:00am	174 Baskerville Street, Brighton
<b>How to Register</b>	Please phone regarding availability and eligibility on 3269 1915 or email <a href="mailto:info@allaboutliving.com.au">info@allaboutliving.com.au</a>		

### Touch Football

### New Farm Park

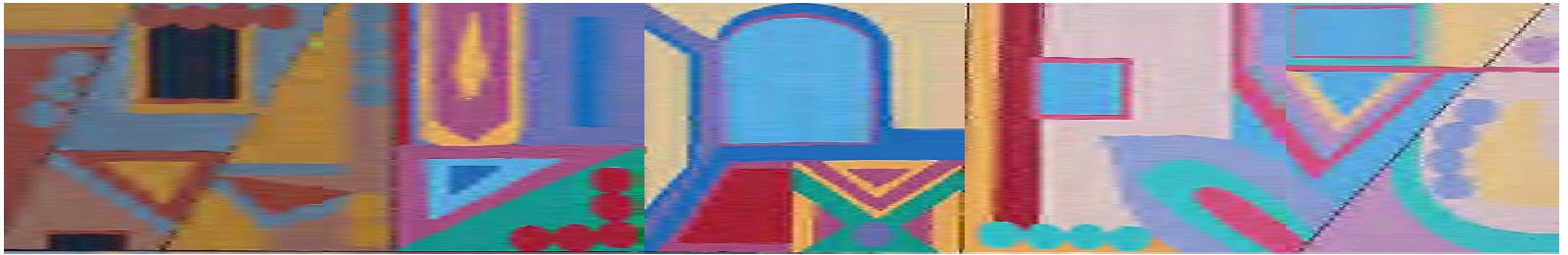
Name of Organisation	Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program		
Name of Program/Workshop/Course	Date	Time	Venue
Touch Football Program	Tuesdays	10:30am– 12:00pm	New Farm Park – Soccer Fields (next to New farm Library)
<b>Program Outline</b>	The Touch Football program is a casual and social game of touch football that promotes healthy lifestyles and physical activity through social inclusion and community development. Bring friendly and fun-loving attitude! Everyone is welcomed regardless of skill level.		
<b>How to Register</b>	Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>		

### Walking Group

### Redcliffe

Name of Organisation	Aftercare Redcliffe		
Name of Program/Workshop/Course	Date	Time	Venue
Walking group	Last Wednesday of every month	12:30pm– 1:00pm	Meet at the CWA Hall, 189 Redcliffe Parade, Redcliffe





<b>Program Outline</b>	Being active is the secret to staying healthy, and walking is one of the easiest and least expensive ways to get moving. Simply walking 30 minutes every day can have a great impact on health. Frequent, brisk walks can boost your brain power, make you more productive and lower health care costs by reducing a wide range of health risks. Walking is one of the safest forms of exercise. Join us for a walk after the cuppa, cake and chat group along the beautiful Redcliffe shoreline.
<b>How to Register</b>	No need to register, just come along on the day. For more information phone 3448 7120 or email PHaMsRedcliffe@aftercare.com.au

### Valley Men's Group Gym Program

### Fortitude Valley

<b>Name of Organisation</b>	Valley Men's Group Gym Program		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Facilitated by: Uncle Tiger (Community Elder) and Andrew (Indigenous Health Worker)	Mondays (Finishing late November)	1:00pm	PCYC 458 Wickham St, Fortitude Valley
<b>Program Outline</b>	Free Memberships which includes Boxing with a professional and amateur trainer		
<b>How to register:</b>	Contact Andrew Ph:3834 1673 or email <a href="mailto:andrew.cummins@health.qld.gov.au">andrew.cummins@health.qld.gov.au</a>		

### Art Programs

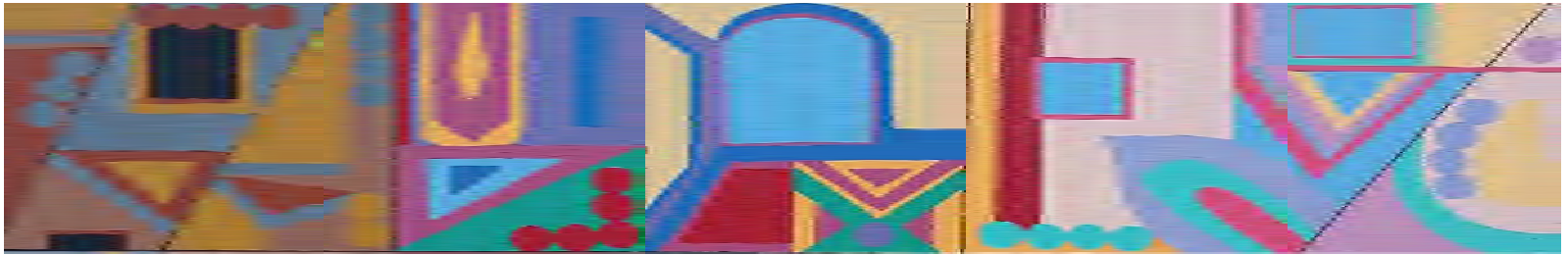
#### Art Groups

#### Various locations

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Pine Rivers Art 4 Arts Sake (A4AS)	Fridays	10:30am–1:00pm	The Pine Rivers Art Gallery, 7/199 Gympie Rd, Strathpine
Caboolture Community Arts (CCA)	Fridays	1:00pm – 3:00pm	Caboolture Neighbourhood Centre, 9 George St, Caboolture
Redcliffe Art (RA)	Fridays	1:00pm – 3:00pm	The Community Hall, Corner of Oxley Ave and Portwood St, Redcliffe







<b>Program Outline</b>	The creative arts program aims to provide an introduction to art and an opportunity for clients to experience art making and the creative outlet this can provide to allow expression, as well as social interaction and inclusion. The sessions are perfect for those wanting to try art materials in a safe environment and can assist participants to develop basic skills in a variety of media. Participants can also source and develop connections to other community based art groups and programs that may assist them in further achieving their goals in art.
<b>How to Register</b>	Contact Peta Mitchell Ph: 3139 3205 or 0405 505 926 <a href="mailto:Recovery_Support_Services@health.qld.gov.au">Recovery_Support_Services@health.qld.gov.au</a>

### Art Group MIFQ

### Herston

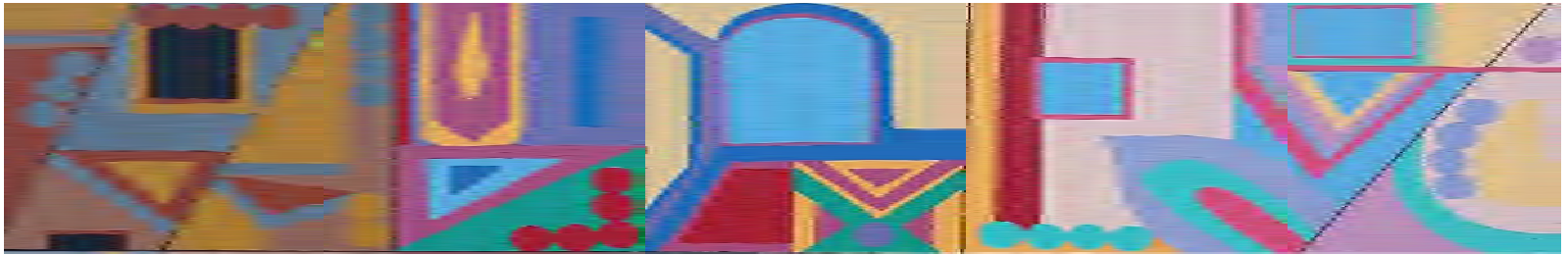
Name of Program/Workshop/Course	Date	Time	Venue
Art Group	Every Wednesday	10:00am-12:00pm	MIFQ-MI Hub, 298 Gilchrist Ave, Herston
<b>Program Outline</b>	Our art group meets at MI Hub to get creative! No matter what your level of experience come along and get arty. <b>Cost:</b> Gold coin donation		
<b>How to Register</b>	Phone MIFQ 33584424 or Peta Mitchell on 3139 3205 or 0405 505 926		

### Art Therapy Footprints

### West End

<b>Name of Organisation</b>	Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program		
Name of Program/Workshop/Course	Date	Time	Venue
Art Therapy	July TBA 8 sessions	1:00pm-3:00pm	31 Thomas Street, West End – Downstairs, Group Room
Art Therapy	September TBA 8 sessions	1:00pm-3:00pm	31 Thomas Street, West End – Downstairs, Group Room
<b>Program Outline</b>	Art therapy is an 8-week group uses art media as a primary mode to allow expression without the use of words. The therapy also provides an insight and development through art making. No art experience is necessary.		
<b>How to Register</b>	Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>		





### Building Social Confidence Course

### Strathpine

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Building Social Confidence Course	6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> September	1:00pm–4:00pm	Pine Rivers Community Health Centre, 568 Gympie Rd, Strathpine
<b>Program Details</b>	This 4 week course covers different ways to increase your confidence and manage anxiety specifically in social situations. We also look at tips and tricks to start conversations and learn how to communicate effectively and assertively.		
<b>How to Register</b>	Phone 3139 3205 or email <a href="mailto:Recovery_Support_Services@health.qld.gov.au">Recovery_Support_Services@health.qld.gov.au</a>		

### Buried in Treasure

### Chermside

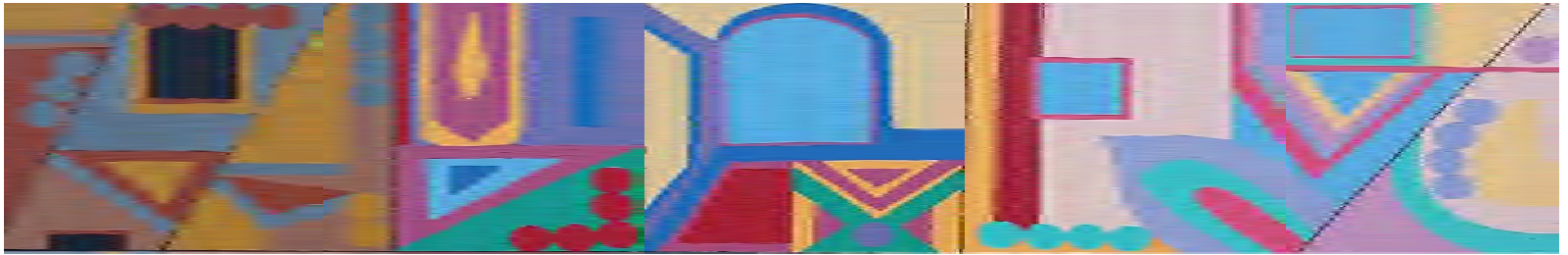
<b>Name of Organisation</b>	Metro North Mental Health/ Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Buried in Treasure	August 3rd	1:30 pm - 3:30 pm	Chermside Community Health Centre, 490 Hamilton Rd, Chermside
<b>Program Outline</b> Buried in Treasures 20 week program	Buried in Treasures is a cognitive behaviour therapy (CBT) based group for people who have accumulated a problematic quantity of possessions. It is a skill building and empowerment group for people who are committed to de-cluttering, organising and limiting acquiring		
<b>How to Register</b>	<b>Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a></b>		

### Buried in Treasure, Aftercare

### Redcliffe

<b>Name of Organisation</b>	Aftercare Redcliffe <a href="http://www.aftercare.com.au">www.aftercare.com.au</a>		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Buried in Treasures	7 <sup>th</sup> June – 20 <sup>th</sup> September	11:00am-1:00pm	Fluid Learning, 4 Sibley Street, North Lakes
<b>Program Outline</b>	Would you like to learn tips on how to de-clutter and stop over-acquiring with people who know what it's like? This group is created for people who are ready to live a life less-cluttered. Each week we'll discuss a skill from the book, and complete challenging and rewarding exercises. We'll also check-in with our individual progress, challenges, successes, and goals. Buried in Treasures is a self-help book written by Drs. Tolin, Frost and Steketee, who are among the world's leading experts in the study and treatment of hoarding disorder. The book outlines a program of skill-building, learning to think about possessions in a different way and gradual challenges to help people manage their clutter and their lives.		
<b>How to Register</b>	Phone 3448 7130 or email <a href="mailto:PIRRedcliffe@aftercare.com.au">PIRRedcliffe@aftercare.com.au</a> Nicole Dickson Service Manager Ph 3448 7120		





## Cognitive Remediation Programs



Mind Power

Strathpine

Date	Times:	Venue:
Mondays and Wednesdays	10:30am - 11:45am	<b>Strathpine:</b> Pine Rivers Community Care Unit, 568a Gympie Road, Strathpine
<p>Mind Power is a computer based training program aimed to help people with psychosis, schizophrenia or schizo-affective disorder improve their ability to think (cognition). It takes place in a group setting but is personalised for each member of the group. The aim is to improve attention, memory, planning and organisational skills. The course requires a commitment of 2 sessions per week for duration of 15 weeks.</p>		
<b>How to Register</b>	<p>Please speak with your Mental Health Clinician or Doctor to discuss suitability and referral, or call 3139 3205 or email <a href="mailto:Recovery_Support_Services@health.qld.gov.au">Recovery_Support_Services@health.qld.gov.au</a>. Due to limited available places you can begin as a vacancy arises.</p>	

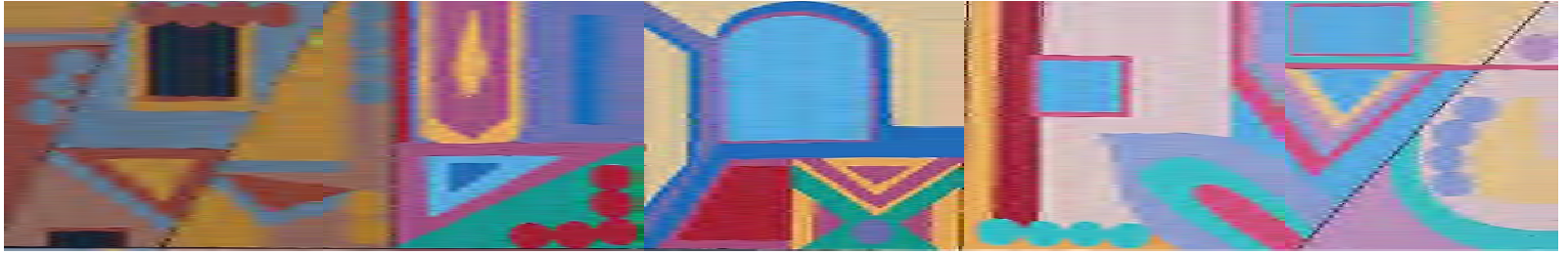


Mind Gym

RBWH

Date	Times:	Venue:
Tuesdays and Fridays	10:30am - 11:45am 9.30am – 10.15am	<b>Fortitude Valley:</b> Inner North Brisbane Mental Health Clinic, 162 Alfred Street, Fortitude Valley
Tuesdays and Thursdays	1:00pm – 2:15pm 9:00 am -10:15 am	<b>Windsor:</b> Somerset Villas Community Care Unit, 43 Cartwright Street, Windsor
<p>Mind Gym is a computer based training program to help people with Psychosis, Schizophrenia or Schizoaffective Disorder improve their ability to think (cognition). Although this takes place in a group setting the program is personalised for each member of the group. The aim is to improve your attention, memory, planning and organisational skills.</p> <p>The course runs twice a week for 11 weeks in 2 locations. Days and times are subject to change. Please confirm with your Mental Health Clinician or Mind Gym Facilitator.</p>		
<b>How to Register</b>	<p>Please speak with your Mental Health Clinician or Doctor to discuss suitability and referral or call 3646 6383 for more information. Due to limited available places you can begin as a vacancy arises.</p>	





## Dental care

## Chermside

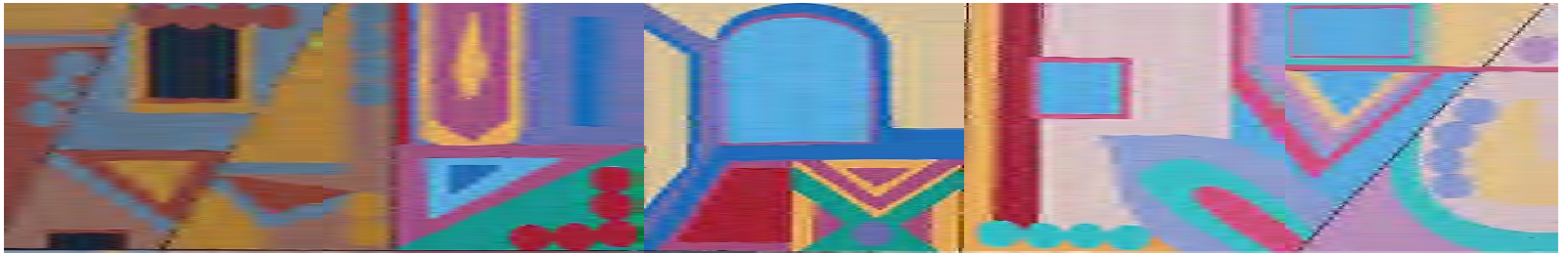
<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Smiles Dental Care	Thursday 3 <sup>rd</sup> August	10:00am– 12:00pm	Room 3, Chermside Community Health Centre , 490 Hamilton Rd, Chermside
<b>Program Outline</b>	This session covers the latest in oral care and how to access local dental services. Busting myths and providing the facts about looking after our oral health.		
<b>How to Register</b>	Phone 3139 3205 or email <a href="mailto:Recovery_Support_Services@health.qld.gov.au">Recovery_Support_Services@health.qld.gov.au</a>		



## Dialectical Behaviour Therapy (DBT) Program

<b>Name of Organisation</b>	Metro North Mental Health	
<b>Name of Program/Workshop/Course</b>	<b>Phone</b>	<b>Venue</b>
Dialectical Behaviour Therapy (DBT) program	Ph: 3834 1670	Royal Brisbane Woman's Hospital (RBWH)
	Ph: 3139 4570	The Prince Charles Hospital (TPCH)
	Ph: 3897 6222	Redcliffe and Caboolture Adult Mental Health Teams
<b>Program Outline</b>	The Dialectical Behaviour Therapy (DBT) program focuses on assisting people diagnosed with Borderline Personality Disorder (BPD), who struggle with self-harm and/or suicide urges. DBT is a comprehensive program utilising weekly individual therapy, weekly group skills training focused on assisting individuals to manage their emotions and improve their relationships and phone coaching as required when in crisis. The program runs for 12 months and topics in the skills training group include core mindfulness, distress tolerance, interpersonal effectiveness and emotional regulation. The primary goal of DBT is to help people to build and maintain a life that is worth living.	
<b>How to Register</b>	For further information please speak to your Doctor or Community Mental Health Case Manager. They will discuss with you whether the program will benefit you, whether you meet the entry criteria and will then arrange a referral. Please be aware that the program has limited numbers and you may need to wait for a vacancy.	





### Dialectical Behaviour Therapy (DBT) Life Skills Groups, Footprints West End

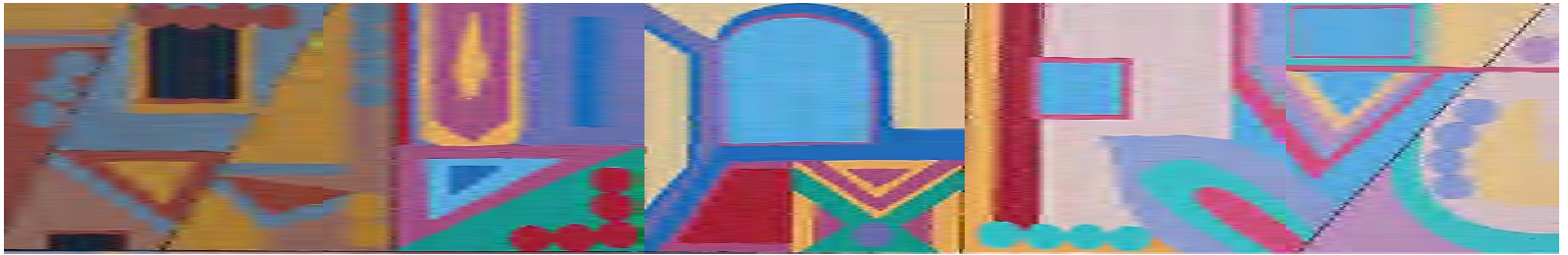
<b>Name of Organisation</b>	Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Dialectical Behaviour Therapy (DBT) Life Skills	Tuesdays	10:00am–12:00pm	31 Thomas Street, West End – Downstairs, Group Room
<b>Program Outline</b>	These workshops are based on Marsha Linehan’s Dialectical Behaviour Therapy (DBT) stand-alone skill groups. The overall goal of DBT skills training is to help individuals change behavioural, emotional, thinking and interpersonal patterns associated with problems in living. DBT Life skills group modules include Mindfulness, Interpersonal Effectiveness, Distress Tolerance and Emotional Regulation. These modules are run consecutively throughout the year.		
<b>How to Register</b>	This is a closed group, therefore registration is essential. Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>		



### Employment Program

<b>Name of Organisation</b>	Metro North Mental Health
<b>Program Outline</b>	<p>Metro North Mental Health Service recognises that employment can play an important part in your Recovery. If you are interested in going to work, and currently are involved with the mental health service, you are eligible for our Employment Program. Even if you haven’t worked in years, an employment consultant can help—it’s never too late!</p> <p>Your employment consultant from HELP Enterprises or Mylestones Employment is located with your mental health team and will work with your mental health clinician and doctor to ensure that you are getting all the support you need to find and keep your job. An employment consultant will help you look for jobs that are related to your interests, the hours you want to work, a location that makes sense for you, or other preferences that you may have. You can expect to begin looking for a job within a few weeks of meeting with an employment consultant.</p>
<b>How to Register</b>	If you are interested in a job, please speak to your doctor or mental health clinician and ask for a referral to the local Employment Program. An employment consultant will then contact you directly.





## Healthy Eating and Lifestyle Programs

### Eat Plant Learn

### Lawnton

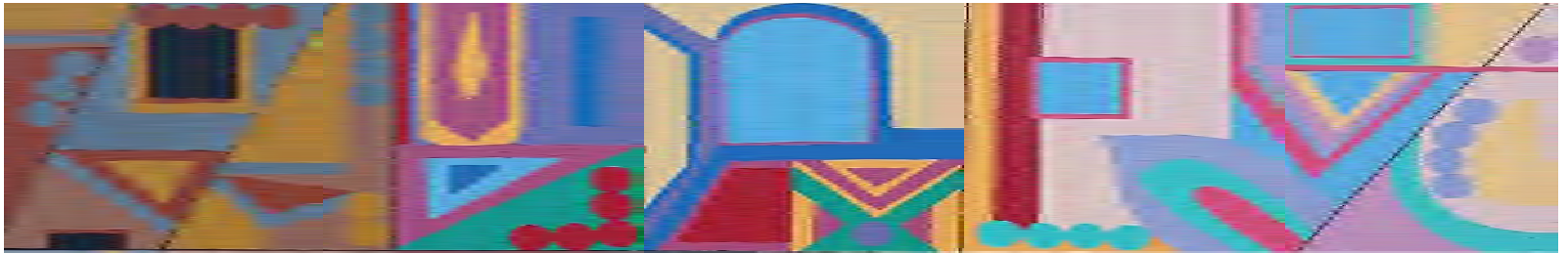
<b>Name of Organisation</b>	Neami National		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Eat Plant Learn	Ongoing	Contact Neami	Encircle 865 Gympie Road Lawnton Ph: 3889 0063
<b>Program Outline</b>	It is a fun atmosphere to come together and learn about Healthy and sustainable eating. Create your own wicking box filled with herbs & salad greens to take home. Gain some easy healthy menus with local produce options. Learn sourcing healthy and sustainable food		
<b>How to register</b>	Please phone Stephen, Community Rehabilitation Support Worker, at the Neami Strathpine office Ph:3205 6622 <a href="mailto:strathpine@neaminational.org.au">strathpine@neaminational.org.au</a>		

### Healthy Eating Activity and Lifestyle (HEAL)

### Redcliffe

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
HEAL	August – TBA	TBA	Redcliffe PCYC
<b>Program Outline</b>	HEAL it is a nationally accredited program developed by Exercise and Sports Science Australia and has Medicare approval for funding (conditions apply). It is essentially a lifestyle modification program that enables participants to develop lifelong healthy eating and physical activity behaviours. The program runs for 8 weeks and consists of 1 hour group education and a 1 hour group exercise session each week as well as individual consultations pre- and post-program. The program also incorporates an additional healthy cooking course.		
<b>How to Register</b>	Phone Sean Dunstan on 38976329 or email <a href="mailto:sean.dunstan@health.qld.gov.au">sean.dunstan@health.qld.gov.au</a>		





## Health Living Group

Herston

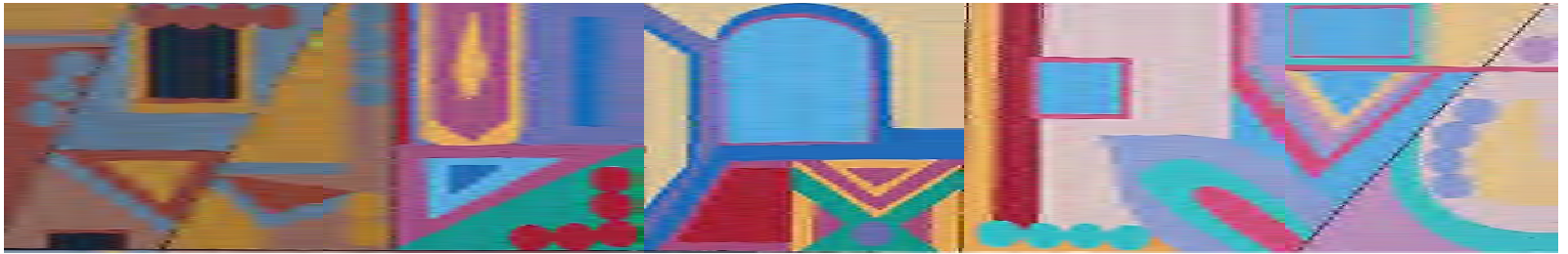
<b>Name of Organisation</b>	RBWH Mental Health Service / RBWH Dietetics Department / Mental Illness Fellowship Queensland		
<b>Name of Program/Workshop/Coure</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Health Living Group Thursdays for 6 weeks	3 <sup>rd</sup> August - 7 <sup>th</sup> September	10:00am- 12:00pm	MIFQ Hub 298 Gilchrist Ave, Herston
	2 <sup>nd</sup> November – 7 <sup>th</sup> December	10:00am- 12:00pm	MIFQ Hub 298 Gilchrist Ave, Herston
<b>Program Outline</b>	This course covers healthy eating guidelines, healthy shopping and budgeting techniques, an introduction to mindful eating and sensory preferences, menu planning, practical sessions on preparation of healthy meals and snacks and incorporating exercise into your routine. Practical sessions are facilitated by a dietician and occupational therapist. Snacks or meals are provided.		
<b>How to Register</b>	This program is open to clients of the RBWH Mental Health Service or Mental Illness Fellowship Queensland. Please phone Samantha Bicker (OT – Inner North Brisbane Mental Health Service) on 3834 1627 for further details or to make a referral.		

## Mindfulness

Various locations

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Psychology department Mindfulness sessions	Tuesday 10 <sup>th</sup> October	12:30pm- 1:30pm	<b>Valley</b> Community Mental Health Centre 162 Alfred Street, Fortitude Valley
	Wednesday 11 <sup>th</sup> October	11:00am- 12:00pm	<b>Caboolture</b> Community Health Centre, McKean St Caboolture
	Thursday 12 <sup>th</sup> October	11:30am- 12:30pm	<b>Chermside</b> Community Health Centre , 490 Hamilton Rd Chermside
<b>Program Outline</b>	Group sessions exploring and practising mindfulness techniques		
<b>How to Register</b>	Phone 3139 3205 or Email <a href="mailto:Recovery_Support_Services@health.qld.gov.au">Recovery_Support_Services@health.qld.gov.au</a> .		





## Mental Health Recovery and Wellbeing Programs

### Flourish

### Various locations

<b>Name of Organisation</b>	Neami National		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Flourish	Tuesdays Commencing 11 <sup>th</sup> July	10:00am- 12:00pm	Encircle 865 Gympie Road, Lawnton Ph: 3889 0063
	3 <sup>rd</sup> October	10:00am- 12:00pm	Nundah Community Centre 14 Station Road, Nundah Ph:3260 6820
<b>Program Outline</b>	Flourish is a 12 week recovery focused self-development program designed for people who have lived with mental health issues for some time and who are looking to make improvements in their life. The principle of this program is self-directed recovery and wellbeing. The program is co-facilitated by peer workers who have a personal lived experience of mental health and recovery.		
<b>How to register</b>	Please phone Robyn / Hellie (Peer Support Workers) the Neami Strathpine office 3205 6622 or email <a href="mailto:strathpine@neaminational.org.au">strathpine@neaminational.org.au</a>		

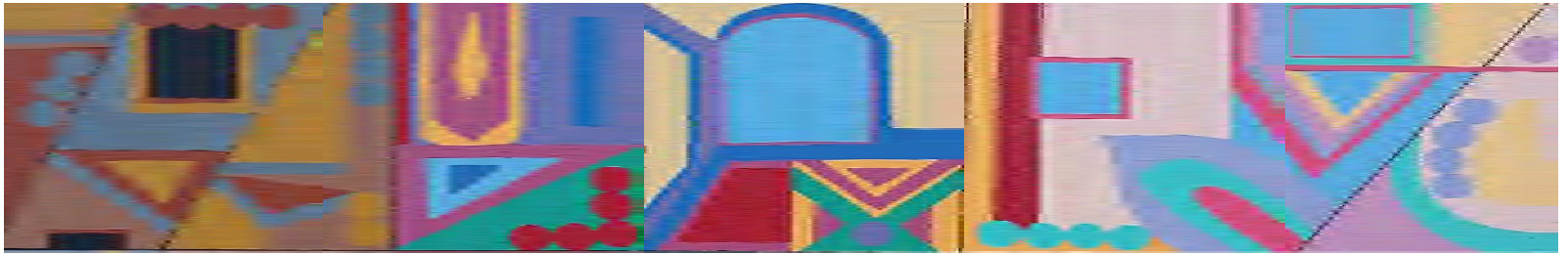
### SMART Recovery Group

### Newstead & West End

<b>Name of Organisation</b>	Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
SMART Recovery Group	Thursdays	11:00am- 12:00pm	31 Thomas Street, West End – Downstairs, Group Room
	Fridays	11:00am- 12:00pm	14 Proe St, Newstead
<b>Program Outline</b>	Self-Management and Recovery Training (SMART) Recovery is a free group assisting with any problematic behaviours - including addiction to drugs, alcohol, cigarettes, gambling, food, shopping, internet and others. Guided by trained facilitators, participants come to help themselves and help each other using a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques		
<b>How to Register</b>	Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>		







### Peer Zone -Richmond Fellowship Queensland (RFQ):

### Caboolture

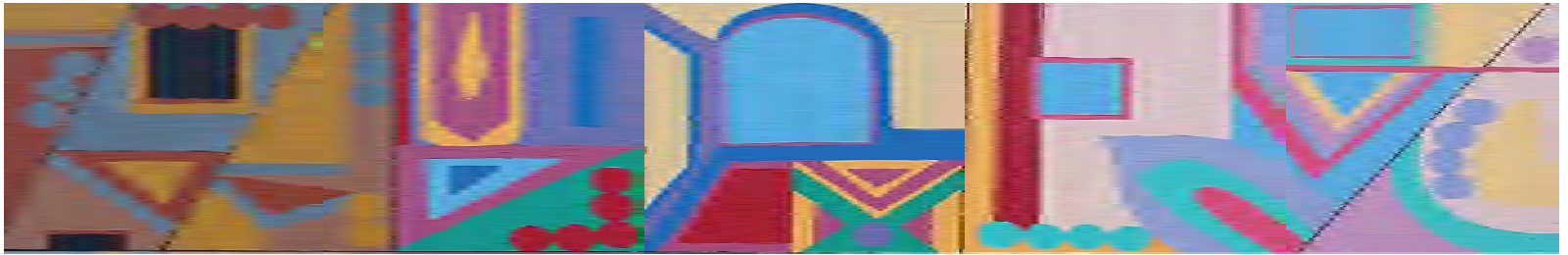
<b>Name of Organisation</b>	Richmond Fellowship Queensland (RFQ): Caboolture		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
PeerZone	Last two Mondays of each month.	10:00am	RFQ Caboolture Recovery Centre, 6/71 King Street, Caboolture (upstairs)
<b>Program Outline</b>	PeerZone is a series of 2-part peer-led workshops in mental health and addiction, where people explore recovery and whole of life wellbeing. Themes include but are not limited to Understanding Ourselves; Empowering Ourselves; Working on our Wellbeing; Connecting to the World & Exploring our Unique Identities.		
<b>How to Register</b>	Please phone Damian, 07 3363 2615 or 0473 344 500 (max 12 participants)		

### Values Workshop

### Kippa -Ring

<b>Name of Organisation</b>	Aftercare Redcliffe		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Values Workshop	22 <sup>nd</sup> August	9:00am-5:00pm	5/180 Anzac Avenue, Kippa-Ring
<b>Program Outline</b>	<p>The values workshop aims to help you understand your own personal values.</p> <p>In the workshop you will:</p> <ul style="list-style-type: none"> <li>• Learn what values are and why they are important</li> <li>• Complete a number of activities to help you identify your values</li> <li>• Reflect on which values you are currently living and which you would like to live more fully</li> </ul> <p>This workshop is ideal for people who are interested in completing the Wise Choices group which commences in September. However, any interested individuals are encouraged to participate in the group.</p>		
<b>How to Register</b>	Phone 3448 7130 or email PHaMsRedcliffe@aftercare.com.au		





## Sensory Modulation Programs

### My Sensational Life Course MNMH

### Chermside & Redcliffe

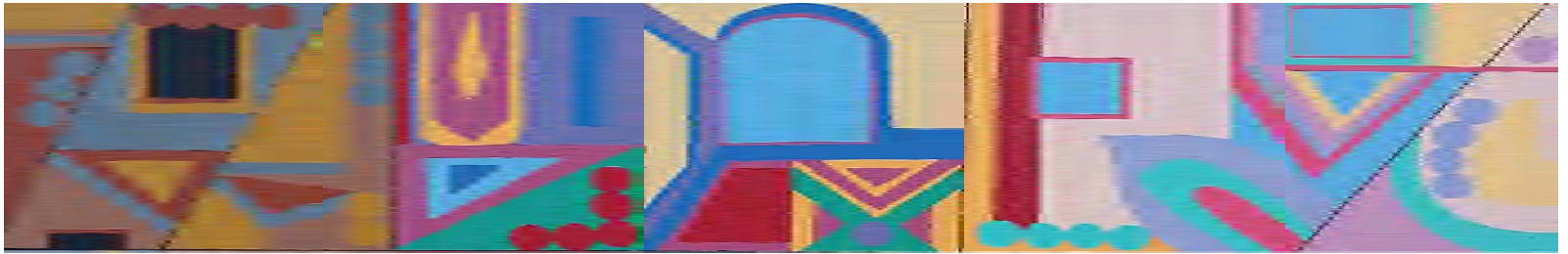
<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
My Sensational Life	24 <sup>th</sup> August – 14 <sup>th</sup> September	1:00pm– 3:00pm	Training Room, <b>Chermside</b> Community Health Centre , 490 Hamilton Rd Chermside
	25 <sup>th</sup> October- 15 <sup>th</sup> November	1:00pm- 3:00pm	RFQ Redcliffe Recovery Centre. Corner of Portwood street and Oxley Ave, Redcliffe
<b>Program Outline</b>	We experience life through our senses- through what we hear, taste, smell, touch, see and how we move. In this interactive 4 week course you will learn more about how to use your senses to improve your well-being, feel more in control of your emotions, feel calmer and more relaxed and feel more alert and alive.		
<b>How to Register</b>	Phone 3139 3205 or email <a href="mailto:Recovery_Support_Services@health.qld.gov.au">Recovery_Support_Services@health.qld.gov.au</a>		

### Sensory Modulation Consultations MNMH

### Various locations

<b>Name of Organisation</b>	Metro North Mental Health
<b>Name of Program/Workshop/Course</b>	<b>Contact Details</b>
<b>Sensory Modulation Consultations</b>	<b>Royal Brisbane Woman’s Hospital (RBWH)</b> Samantha Bicker Occupational Therapy Professional Lead Ph. 3834 1627
	<b>The Prince Charles Hospital (TPCH)</b> Anneliese Russell Occupational Therapy Professional Lead Ph. 3139 4190  Beth Wieland Occupational Therapist Ph:3139 3205 (Tuesdays)
	<b>Redcliffe and Caboolture Adult Mental Health Teams</b> Breanna Parker Occupational Therapist Ph. 5316 5759
<b>Program Outline</b>	If you are looking for an intuitive approach in improving wellbeing, managing emotions, or would like to feel either more calm and relaxed





	<p>or alert and alive, a sensory approach may suit you. Your mental health clinician can refer you to an Occupational Therapist (OT) for an individual sensory consultation. The individual sessions will be tailored to your needs and will include a trialling and learning a range of sensory based techniques that you can use independently to enhance mood management, functioning in daily life and increase stress or anxiety management skills.</p>
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## Stress Management

### Optimal Health –NEAMI

### Strathpine

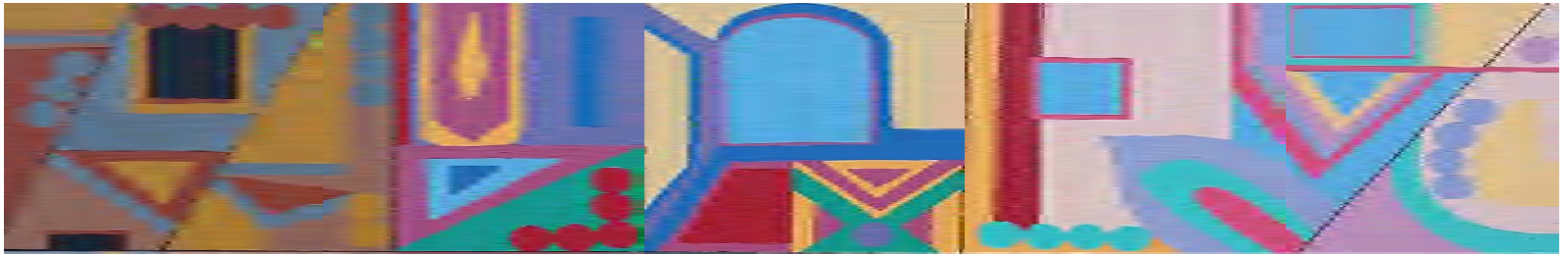
<b>Name of Organisation</b>	Neami National		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Optimal Health Program	Ongoing	Contact Neami	Strathpine Library Gympie Road Strathpine
<b>Program Outline</b>	This is a self-development program promoting hope, growth and partnership. That cover strategies to optimise and maintain mental health and wellbeing; understanding of stress, vulnerability, strengths and strategies; identification of collaborative partners and support network; plan to maintain mental health, manage stress and periods of illness; tools to manage effective change.		
<b>How to register</b>	Please phone Nicole, Fiona or Lara (Community Rehabilitation Support Workers) at the Neami Strathpine office Ph:3205 6622 <a href="mailto:strathpine@neaminational.org.au">strathpine@neaminational.org.au</a>		

## Stress Less Workshop

### Nundah

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Stress Less	20 <sup>th</sup> July	10:00am– 2:00pm	Nundah Community Health Centre, 10 Nellie St, Nundah
<b>Program Outline</b>	Break free from stress by learning a range of ways to manage your concerns. Morning tea supplied Bring own lunch		
<b>How to Register</b>	Phone 3139 3205 or email <a href="mailto:Recovery_Support_Services@health.qld.gov.au">Recovery_Support_Services@health.qld.gov.au</a>		





### Smoke Free Program

### Chermside

<b>Name of Organisation</b>	Metro North Mental Health		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Smoke Free	Wednesdays 11 <sup>th</sup> October - 15 <sup>th</sup> November	1:00pm– 2:00pm	Room 3, Chermside Community Health Centre , 490 Hamilton Rd, Chermside
<b>Program Outline</b>	<p>This no judgement program aims to teach strategies to assist you in becoming smoke free.</p> <p>Topics Include:</p> <ul style="list-style-type: none"> <li>• Using Nicotine Replacement Therapy,</li> <li>• Managing Cravings</li> <li>• Managing triggers and cues</li> <li>• Stress Management.</li> </ul>		
<b>How to Register</b>	Phone 3139 3205 or email <a href="mailto:Recovery_Support_Services@health.qld.gov.au">Recovery_Support_Services@health.qld.gov.au</a>		

### Street University

### Caboolture

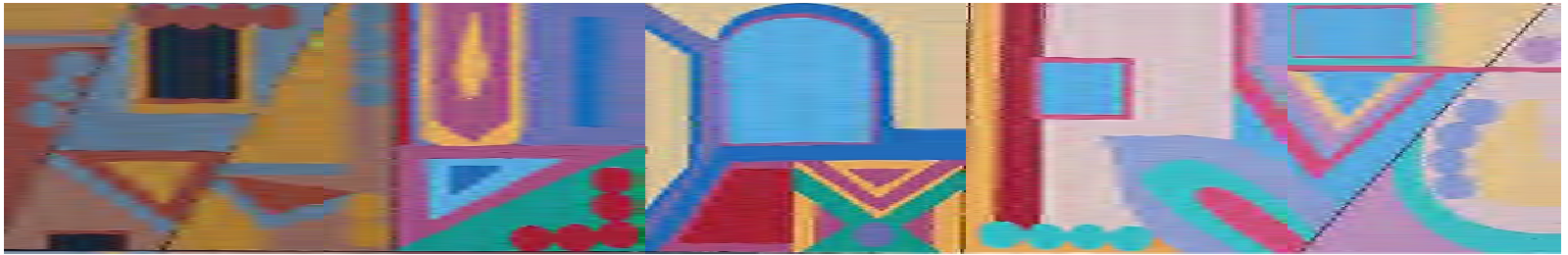
<b>Name of Organisation</b>	The Ted Noffs Foundation		<a href="http://www.noffs.org.au">www.noffs.org.au</a>
Russell Workman QLD Manager	4G/21 Station Road, Woodridge 4114	0477 011 222 1800 753 300	
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Street University	Monday to Friday	3:00pm- 6:00pm	7/29-31 King Street, Caboolture
<b>Program Outline</b>	<p>Street University: A soft-entry engagement program for youth aged 12-25. Creative workshops are delivered to attract at-risk and difficult to engage young people. Workshops provided include: graffiti/street art; hip-hop dance and music production. Clinical workers assist in the operation Street University and specialise in Alcohol and Other Drug treatment. Support case management and referral are also provided.</p>		
<b>How to Register</b>	A formal referral is not required for Street University. Young people are welcome to come to the venue and engage in either program. For further information, please phone 1800 753 300.		

### Support for user of substances

### Redcliffe

<b>Name of Organisation</b>	Metro North Mental Health Service/RFQ		
<b>Program Details</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
S.U.S. Support for Users of Substances	First Tuesday of each month	10:00am	RFQ Redcliffe Recovery Centre. Corner of Portwood street and Oxley Ave, Redcliffe





<b>Program Outline</b>	An opportunity to discuss any issues related to alcohol tobacco and other drugs with a nurse experienced in assisting people with Dual Diagnosis (the combination of mental health and drug use issues). Whether it is tobacco, alcohol, Methamphetamine, Heroin or any other substance; You can talk 1 on 1 or bring along a friend, carer or family member for support. You can have a comprehensive assessment, get some information, be referred to more specialised services or just ask a question or two. It's up to you.
<b>How to Register</b>	Drop in or phone Wilsen Drew (Dual Diagnosis Coordinator) on 3897 6341 to book a specific time.

## Social Activities

### All About Living for over 65s

### Brighton

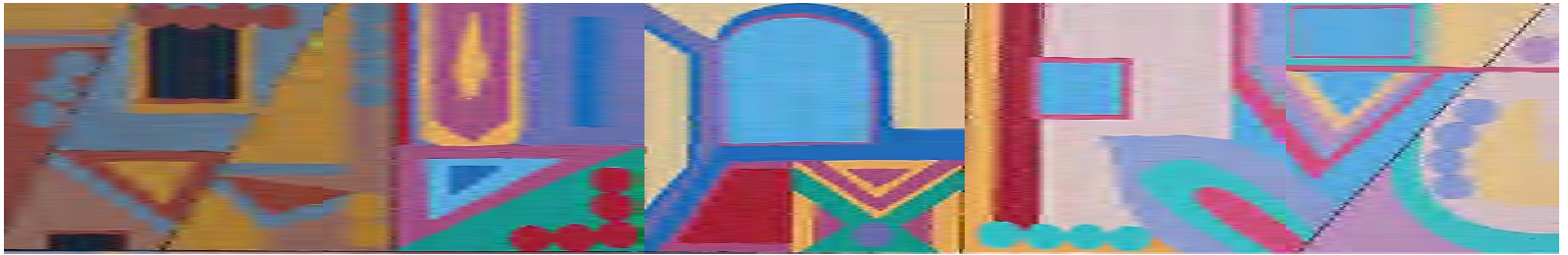
Name of Organisation	All About Living		
Name of Program/Workshop/Course	Date	Time	Venue
Ladies Social Group for 65 and over for interactive activities.	Monday fortnightly	10:00am–12:30pm	28a Lagoon Street Sandgate
All About Living - Choir "All directions"	Mondays	10:00am–12:30pm	174 Baskerville Street, Brighton
Men's Social Group run by men for men aged over 65	Second Tuesday of the month	10:00am–1:00pm	Various community locations
<b>How to Register</b>	Please phone regarding availability and eligibility on 3269 1915 or email <a href="mailto:info@allaboutliving.com.au">info@allaboutliving.com.au</a>		

### Cuppa, Cakes and Chat group

### Redcliffe

Name of Organisation	Aftercare Redcliffe		
Name of Program/Workshop/Course	Date	Time	Venue
Cuppa, Cakes and Chat group	Last Wednesday of the month	10:30am–12:30pm	CWA Hall, 189 Redcliffe Parade, Redcliffe
<b>Program Outline</b>	Join us monthly for a social get together in Redcliffe. This is an opportunity to join a friendly group for a social catch up to share stories and enjoy good food. <b>Cost:</b> Gold coin donation		
<b>How to Register</b>	Phone 3448 7120 or email <a href="mailto:PHaMsRedcliffe@aftercare.com.au">PHaMsRedcliffe@aftercare.com.au</a>		





## Creating Connections

## West End

<b>Name of Organisation</b>	Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Creating Connections	November	TBA	31 Thomas Street, West End – Downstairs, Group Room
<b>Program Outline</b>	Come and build new connections! The Creating Connections group is inspired by Mary-Ellen Copeland's The Loneliness Workbook: A Guide to Developing and Maintaining Lasting Connections. The key thing Mary-Ellen writes about is that people can change their lives and develop new connections with others.		
<b>How to Register</b>	Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>		

## Communify

## Various Locations

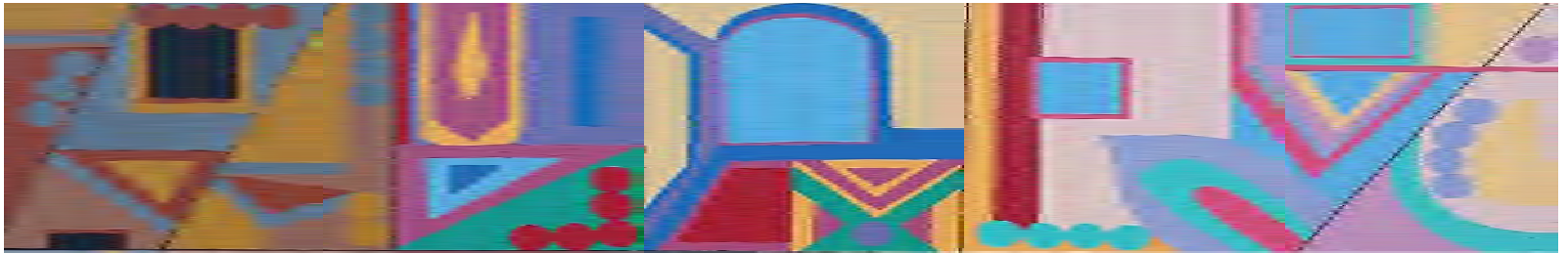
<b>Name of Organisation</b>	Communify 180 Jubilee Terrace Bardon <a href="http://www.communify.org.au">www.communify.org.au</a>
<b>Program Details</b>	<p>Communify is a community organisation with several locations across the inner northern suburbs of Brisbane. They offer practical and individual support to people who are seeking assistance to stay living independently in their homes in the community. Communify work alongside people who experience life issues and have physical and mental health concerns. Through one on one support and a broad range of group activities they aim to increase participation in healthy, social opportunities and to foster positive connections.</p> <p>Group activities include: Art, Exercise and Leisure, Social, Lifestyle and household support.</p>
<b>How to Register</b>	See website for more detailed information and activities Ph. 3510 2700 or email <a href="mailto:admin@communify.org.au">admin@communify.org.au</a>

## Drumbeat

## Redcliffe

<b>Name of Organisation</b>	Aftercare Redcliff		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Drumbeat	Thursday 27 <sup>th</sup> July for 5 weeks	11.30am- 1:30pm	CWA Hall, 189 Redcliffe Parade, Redcliffe
<b>Program Outline</b>	DRUMBEAT promotes social understanding and connection through a team drumming experience. It is fun, safe, creative, engaging and rewarding. Participants lift their self-esteem, learn to work cooperatively and are exposed to the therapeutic and recreational benefits of music.		
<b>How to Register</b>	Phone 3448 7120 or email <a href="mailto:PHaMsRedcliffe@aftercare.com.au">PHaMsRedcliffe@aftercare.com.au</a>		





## Group61

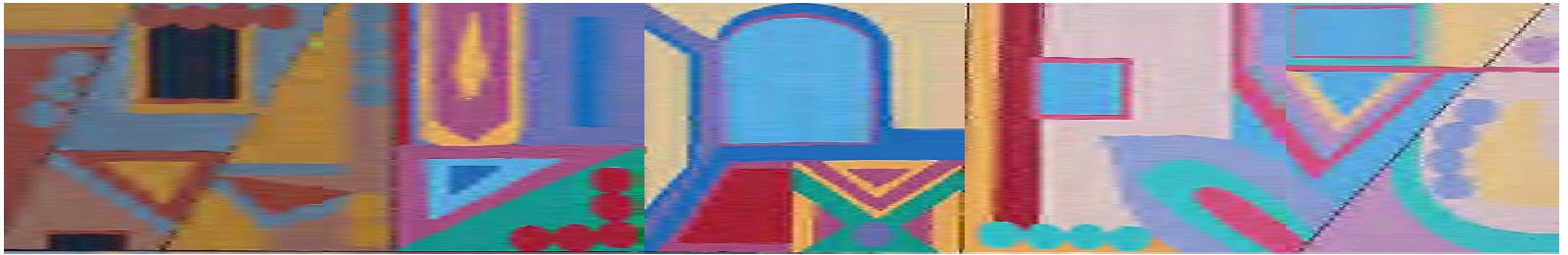
<b>Name of Organisation</b>	Group61
<b>Program Outline</b>	<p>Group61 is a volunteer mental health befriending program. Friends and Volunteers meet regularly with the aim of reducing social isolation through friendship. As self confidence and trust grow, individuals are supported to rebuild social connections within their community.</p> <p>In July 2016, Wesley Mission Queensland (WMQ) proudly welcomed the Group61 family in to its own, marking a new chapter for the service. WMQ is a not for profit organisation that provides vital community services and programs that support the elderly and seniors, youth and families, people living with a disability and people experiencing unemployment, disadvantage, homelessness and isolation. WMQ strives to empower those whose lives they touch through compassion, a commitment to justice and a desire to create an inclusive society for all.</p>
<b>How to Register</b>	<p>Ph: 3621 4362 or Email: <a href="mailto:group61@wmq.org.au">group61@wmq.org.au</a></p> <p>If you have some spare time we, welcome all enquiries regarding supporting Group61 in a volunteering capacity</p>

## Here we Grow! Gardening group

## Redcliffe

<b>Name of Organisation</b>	Aftercare Redcliffe		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Here we Grow! Gardening group	Thursdays	12:15pm– 2:15pm	Encircle Neighbourhood Centre, 1 Lamington Drive, Redcliffe
<b>Program Outline</b>	<p>Learn how to grow food while making new friends. Gardening and growing is good for us all! It is good for our physical and mental health, for reducing stress and helping to tackle challenging behaviour. It can also help to build confidence and develop a range of employability skills. If you've not grown anything before then now is the time! We're encouraging everyone to 'give it a grow' and grow something tasty you can eat. These are skills you can take home with you to start your own home grown garden. Join us to learn new skills or if you are an experienced gardener come and volunteer your time to help develop others skills and knowledge.</p>		
<b>How to Register</b>	<p>No Need to register, just come on the day. For more information contact 3448 7120 or email <a href="mailto:PHaMsRedcliffe@aftercare.com.au">PHaMsRedcliffe@aftercare.com.au</a></p>		





### Jeays Street Community Centre

### Bowen Hills

<b>Name of Organisation</b>	Jeays Street Community Centre		
<b>Name/Position</b>	Address	Phone	
Community Engagement Officer	12 Jeays Street, Bowen Hills, QLD 4006	3852 5105	
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Community Centre	Monday – Friday Thursdays	9:30am– 3:00pm 9:30am – 1:00pm	12 Jeays Street, Bowen Hills
<b>Program Outline</b>	Jeays Street Community Centre exists to increase social connectedness amongst the inner city Brisbane community. It is a safe and open space where community members can access community based support, be involved in community-led initiatives and build meaningful social networks. The centre has a monthly program of activities including social excursions, community barbeques, pool competitions, shopping trips, computer tutoring, creative writing classes, arts & craft and gardening. Visitors can also drop-in for a drink and a chat, a game of pool, or to use the free internet kiosks and telephone.		
<b>How to Register</b>	No registration required, drop-in to the centre or phone 3852 5105 to find out about our monthly activities		

### Mental Illness Fellowship Queensland (MIFQ)

### Herston

<b>Name of Organisation</b>	Mental Illness Fellowship Qld <a href="http://www.mifq.org.au">www.mifq.org.au</a> MI Hub has a number of groups that run throughout the year which cover topics including but not limited to: support, education, employment, social and therapeutic groups, art, poetry, fitness and lifestyle. Please contact the MIFQ office if you would like further information and to register for our mailing list to receive the monthly calendar of events.
<b>Locations</b>	298 Gilchrist Ave, Herston

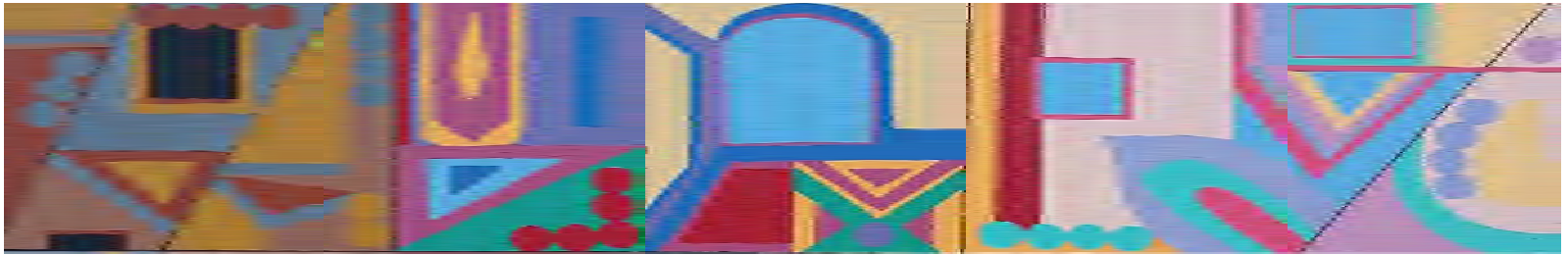
### Mental Illness Fellowship Queensland (MIFQ)

### Herston

<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
MI Hub Connect	Last Friday of each month	11:00am- 1:30pm	MIFQ-298 Gilchrist Ave, Herston QLD 4006
<b>Program Outline</b>	An opportunity to connect with others, share a meal and learn about programs in your community.		
<b>How to Register</b>	No registration necessary. Please contact the MIFQ office if you would like further information Ph: 3358 4424		







## Mental Illness Fellowship Queensland (MIFQ)

## Herston

Name of Program/Workshop/Course	Date	Time	Venue
Individual Support and MI Hub Drop In.	By appointment		MIFQ-298 Gilchrist Ave, Herston QLD
<b>Program Outline</b>	MI Hub is open from 10:00am-4:00pm on selected days for support,		
<b>How to Register</b>	Contact the MIFQ office to book an appointment. Ph: 3358 4424		

## Open Minds

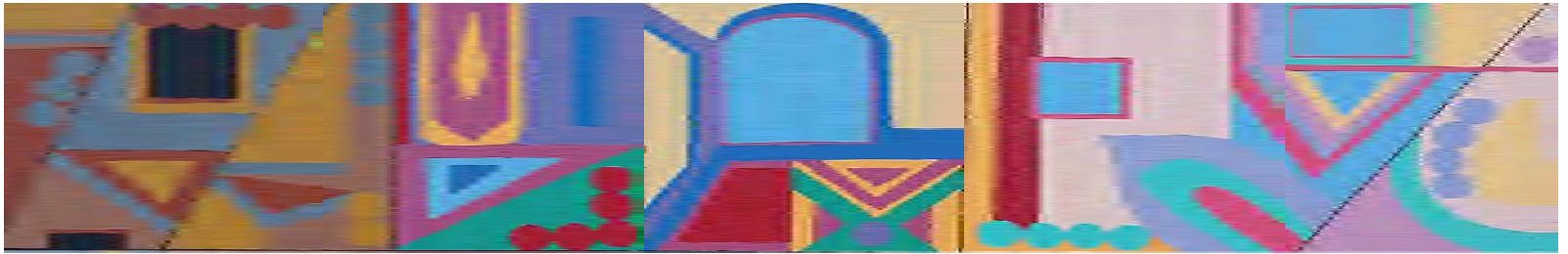
Name of Organisation	Open Minds	www.openminds.org.au
<b>Program Details</b>		
<p>Open Minds work together with people to achieve their goals and enhance their mental health and wellbeing. We offer a range of tailored support, focused on the individual needs of each person. Our person-centered approach supports people living with an acquired brain injury, disability or mental health issues to find their own strengths and create their own goals. We do this by working alongside individuals in our five support streams: My Home, My Job, My Life, My Health and My Community. At the heart of how we work is our commitment to focusing on individual strengths, enabling recovery and sending ripples of positive change throughout the community. Every day, we work to enable individuals to live a better day, a better week, a better life.</p> <p>Open Minds is also committed to helping every client on their National Disability Insurance Scheme (NDIS) journey and will ensure every individual and their family, carers or guardians are supported through the process. Living, housing, community access, employment and health supports and services can be combined and coordinated to develop individualised and unique service packages.</p> <p>Open Minds has a number of offices across Queensland, and our footprint is expanding all the time with more offices coming online.</p>		
<b>How to Register</b>	All general enquiries can be made to our Head Office in Woolloongabba. Ph. 1300 673 664 or 3896 4222	

## Positive Paces

## Chermside

Name of Organisation	Burnie Brae		www.burniebrae.org.au
Name/Position	Address	Phone	
Glenda Pakulski Community Support Officer	60 Kuran Street Chermside	3624 2125	
Name of Program/Workshop/Course	Date	Time	Venue
Positive Paces	Wednesdays	2:00pm-4:30pm	Afternoon tea in the Burnie Brae café. Activities in the Respite Building. 60 Kuran Street, Chermside
Monthly outings	Wednesdays	8:00am-4:00pm	Meet at 60 Kuran Street, Chermside
Nite Bites	Thursdays	4:00pm-7:00pm	60 Kuran Street, Chermside





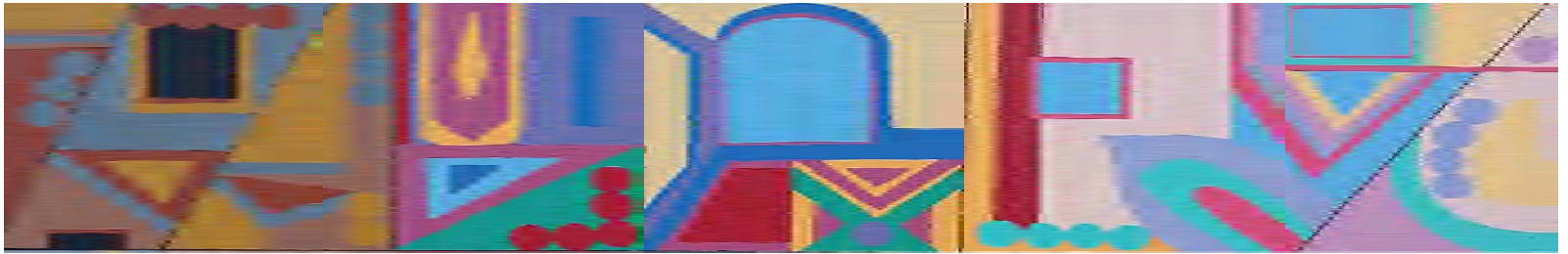
<b>Program Outline</b>	Positive Paces aims to encourage a positive lifestyle for people who have a diagnosed mental health condition. The benefits flow from one-on-one support and assistance, mentoring, group activities and outings. We aim to provide opportunities for social engagement and interaction, peer support and friendship and the pursuit of interests and hobbies. This is a supported social program that operates weekly on a Wednesday for arts/crafts/ music and community outings). We also have a monthly Nite Bites Program for cooking and sharing a meal on Thursday.
<b>How to Register</b>	You can be referred by your doctor, psychologist, psychiatrist, case manager or directly contact Burnie Brae Centre. A referral will be required.

### Richmond Fellowship Queensland (RFQ)

### Redcliffe

<b>Name of Organisation</b>	Richmond Fellowship Queensland RFQ-Redcliffe		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
RFQ Redcliffe Recovery Centre-a mental health day activity program	Open Monday to Friday Closed Wednesdays	9:30am- 2:00pm	Redcliffe Recovery Centre, Corner Oxley Ave & Portwood St, Redcliffe Qld 4020 (next to the tennis courts)
<b>Program Outline</b>	<p>The aim of the Redcliffe Recovery Centre is to support people in their mental health recovery by providing a range of social, recreational and educational activities. As well as being involved in enjoyable activities, the program assists people to develop new skills or relearn old skills, develop confidence and accomplish personal goals.</p> <p>Our program includes Men's and Women's Recovery Groups; music, exercise, cooking and art groups; Hearing Voices Collective; discussion-based educational groups; social BBQ's and social outings. We also have peer-led social outings, anxiety support and walking groups.</p> <p><b>Eligibility:</b> To be eligible, you need to be 18 to 65 years of age; identify as a primary mental health consumer; reside in the Redcliffe area and indicate your willingness to participate by signing the Consumer Agreement.</p>		
<b>How to Register</b>	Please phone 07 3363 2511 or email <a href="mailto:redcliffestaff@rfq.com.au">redcliffestaff@rfq.com.au</a>		





## Richmond Fellowship Queensland (RFQ)

## Caboolture

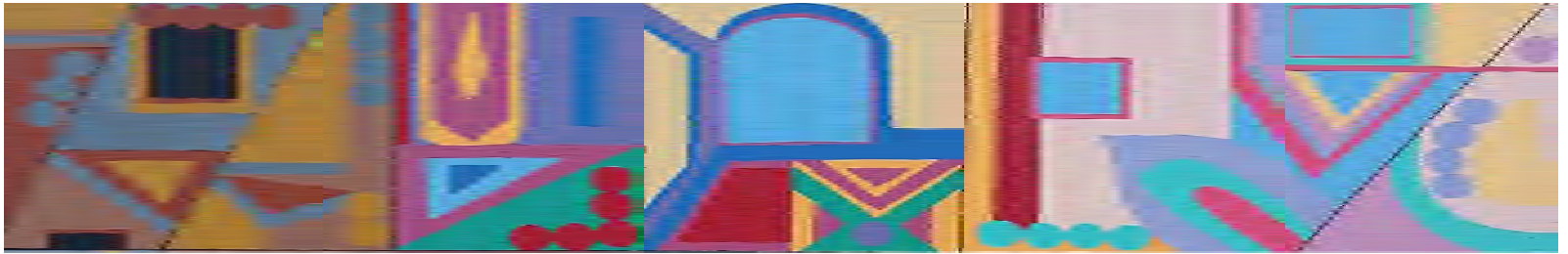
<b>Name of Organisation</b>	Richmond Fellowship Queensland (RFQ): Caboolture		
<b>Locations</b>	6/71 King Street, Caboolture		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
RFQ Caboolture Recovery Centre-a mental health day activity program	Open Monday to Friday Closed Wednesdays	9:00am-1:00pm	RFQ Caboolture Recovery Centre, 6/71 King Street, Caboolture (upstairs)
<b>Program Outline</b>	<p>The aim of the RFQ Caboolture Recovery Centre is to support people in their mental health recovery by providing a range of social, recreational and educational activities and is run in partnership with people who attend. As well as being involved in enjoyable activities, the program assists people to develop new skills or relearn old skills, develop confidence and accomplish personal goals.</p> <p>Our program includes Men's and Women's Recovery Groups; a cooking group; discussion-based educational groups; Hearing Voices Collective; social BBQ's and social outings. We also have peer-led social activities.</p> <p><b>Eligibility:</b> To be eligible, you need to be 18 to 65 years of age; identify as a primary mental health consumer; reside in the Caboolture area and indicate your willingness to participate by signing the Consumer Agreement.</p>		
<b>How to Register</b>	Please phone 07 3363 2615 or email <a href="mailto:caboolture@rfq.com.au">caboolture@rfq.com.au</a>		

## Valley Men's Group

## Fortitude Valley

<b>Name of Organisation</b>	Valley Men's Group		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Facilitated by: Uncle Tiger-Community Elder and Andrew- Indigenous Health Worker	Thursdays  4 week break in August	11:00am	139 Club 505 Brunswick St, Fortitude Valley
<b>Program Outline</b>	Social group for men		
<b>How to Register</b>	Contact Andrew Ph:3834 1673 or email <a href="mailto:andrew.cummins@health.qld.gov.au">andrew.cummins@health.qld.gov.au</a>		





### Women of Wisdom Group

### West End

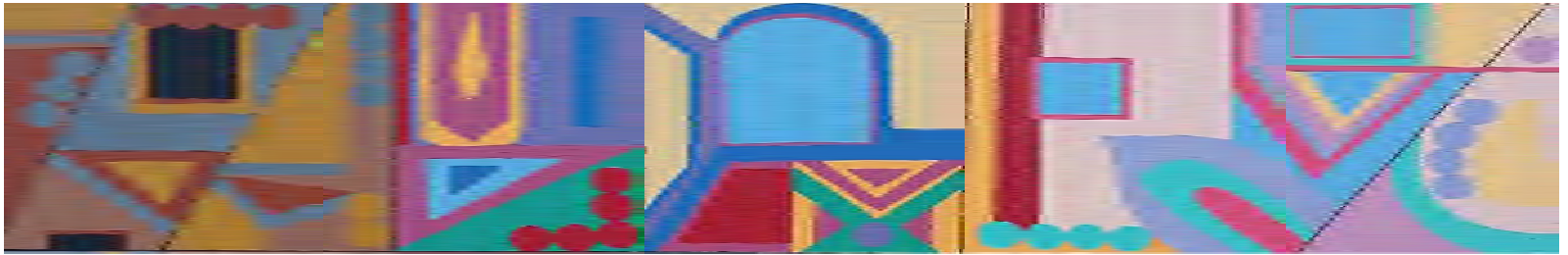
<b>Name of Organisation</b>	Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Women of Wisdom Group	July TBA For 7 weeks  September TBA For 7 weeks	1:00pm- 3:00pm	31 Thomas Street, West End – Downstairs, Group Room
<b>Program Outline</b>	The Women of Wisdom group has been created for Women by Women. Our group is a safe space to bring women together, and cultivate self-esteem and hope through shared experiences of womanhood. The Women of Wisdom group is a supportive space to discuss issues important to women while also having some fun.		
<b>How to Register</b>	Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>		

### Stepping Stone Clubhouse Inc

### Coorparoo

<b>Name of Organisation</b>	<b>Stepping Stone Clubhouse Inc</b> 9/61 Holdsworth St, Coorparoo <a href="http://www.steppingstoneclubhouse.org.au">www.steppingstoneclubhouse.org.au</a>		
<b>Program Details</b>	<p>Stepping Stone is a private non-profit, psychosocial rehabilitation organisation where adults with a mental illness join together to give each other mutual support as they work to rebuild their confidence, self-esteem, social and vocational skills.</p> <p>Stepping Stone is a voluntary program whose basic philosophy is that, regardless of the level of disability, each participant (known as a Member) has a contribution to make. Stepping Stone consists of a pre - vocational work ordered day, social and recreational activities and an employment program that utilises Members' talents, skills and strengths.</p> <p>Membership of Stepping Stone service is free. <span style="float: right;">Open 365 days</span></p>		
<b>How to Register</b>	Ph:3847 1058 See website for more detailed information and activities		





## Wellness Recovery Action Plan

### WRAP

### Herston

Name of Program/Workshop/Course	Date	Time	Venue
Wellness Recovery Action Plan (WRAP)	Wednesday 5 <sup>th</sup> July - 30 <sup>th</sup> August	12:30pm– 2:30pm	Mental Illness Fellowship Queensland, Corner of Gilchrist Ave and Herston Rd, Herston
<b>Program Details</b>	This 9 week program is about developing simple safe strategies to enable you to manage triggers, early warning signs and manage crisis by planning responses to prevent a relapse.		
<b>How to Register</b>	Contact Consumer and Carer services on 3114 0812 for more information.		

### WRAP

### West End and Newstead

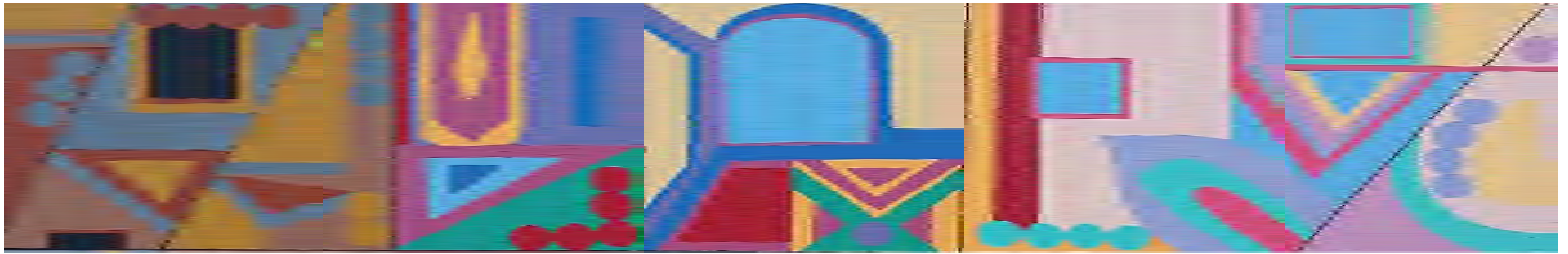
Name of Organisation	Footprints in Brisbane Inc Actioning, Recovery & Citizenship Program		
Name of Program/Workshop/Course	Date	Time	Venue
Wellness Recovery Action Plan (WRAP)	July TBA	10:00am- 12:00pm	31 Thomas Street, West End – Downstairs, Group Room
	September TBA	10:00am- 12:00pm	14 Proe St, Newstead
	November TBA	10:00am- 12:00pm	31 Thomas Street, West End – Downstairs, Group Room
<b>Program Outline</b>	Be inspired about your recovery! WRAP is one of our longest running groups at Footprints. Our facilitators will assist you to develop a self-designed recovery plan to become well and stay well. WRAP is an 8-week group, facilitated by two facilitators and a support person. Each week we have a lot of fun exploring different topics including what “being well” looks like for each group member, as well as what to look for and how to take action when we start to feel unwell		
<b>How to Register</b>	Phone: 3252 3488 or Email: <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>		

### WRAP

### Redcliffe

Name of Program/Workshop/Course	Date	Time	Venue
Wellness Recovery Action Plan (WRAP)	Thursdays 12 <sup>th</sup> October – 7 <sup>th</sup> December	11:30am- 1:30pm	CWA Hall, 189 Redcliffe Parade, Redcliffe





<b>Program Details</b>	<p>You are invited to attend a FREE 9 week program where you can develop a plan of action for wellness and recovery that works! This program is about developing an individual mental health well-being plan which will enable you to manage triggers, identify early warning signs and plan a response to prevent a relapse. Wellness Recovery Action Planning (WRAP) is a weekly group program which provides a safe and supportive environment to learn practical strategies for wellness and managing in times of crisis. WRAP was developed by a group of people who have experienced mental health challenges and have actually walked their own journey of recovery. WRAP is an international program, and has been found to be the most popular self-management tool for maintaining mental health. Research has shown that WRAP is effective in reducing the severity of symptoms and improving quality of life.</p>
<b>How to Register</b>	<p>Contact Facilitators on 3448 7120 or email <a href="mailto:PHaMsRedcliffe@aftercare.com.au">PHaMsRedcliffe@aftercare.com.au</a></p>

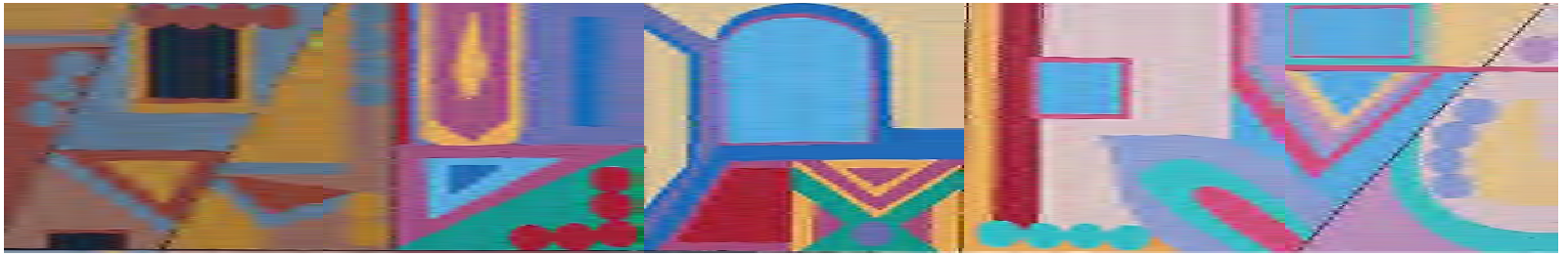
## Wise Choices

### Aftercare

### Redcliffe

Name of Program/Workshop/Course	Date	Time	Venue
Wise Choices	Tuesdays 12 <sup>th</sup> September – 14 <sup>th</sup> November	10.30am- 12.30pm	CWA Hall, 189 Redcliffe Parade, Redcliffe
<b>Program Outline</b>	<p>Can you relate to any of these feelings? This program could be for you!</p> <ul style="list-style-type: none"> <li>• Frequently upset or angry?</li> <li>• Often having relationship problems?</li> <li>• Often acting impulsively or making bad decisions under stress?</li> <li>• Struggling to give up self-harm or other self-destructiveness?</li> <li>• Often feeling empty?</li> <li>• Unsure of who you are?</li> <li>• Often feeling life is not worth Living?</li> <li>• Open to new ways of coping?</li> <li>• Willing to practice new skills in everyday life?</li> </ul> <p>The Wise Choices program will give you the skills to lead a life of healthy, meaningful relationships with yourself and others. The 10-week acceptance and commitment therapy based program targets people with personality vulnerabilities.</p>		
<b>How to Register</b>	<p>Contact Facilitators on 3448 7130 or email <a href="mailto:PIRRedcliffe@aftercare.com.au">PIRRedcliffe@aftercare.com.au</a></p>		





## Neami National

## Strathpine

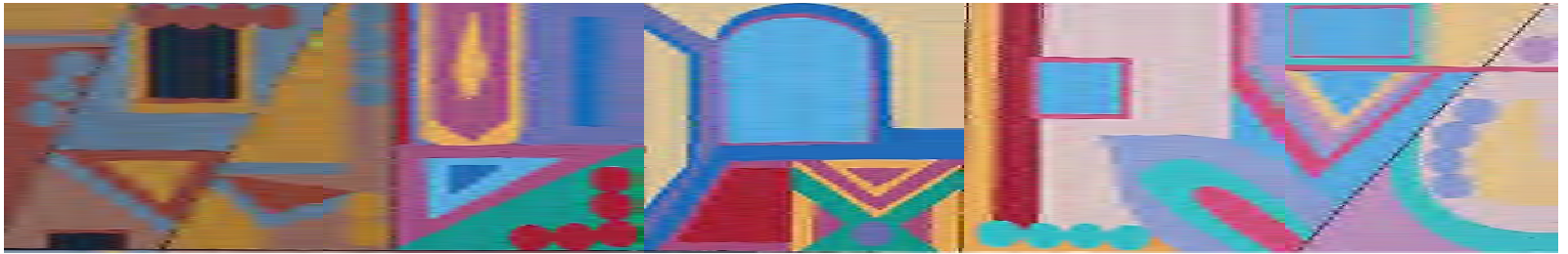
<b>Name of Organisation</b>	Neami National		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Wise Choices Group	TBC	TBC	Strathpine and other locations
<b>Program Outline</b>	This group is a place where you can learn new ways to manage in your day to day life. Based on Acceptance and Commitment Therapy (ACT) Wise Choices looks at new ways of dealing with difficult thoughts and overwhelming emotions, as well as exploring what it means to live a meaningful life. The groups involve some presentation of information, discussion, activities to explore the topics presented and practice of skills.		
<b>How to Register</b>	Please call the Neami Strathpine office Ph.3205 6622 <a href="mailto:strathpine@neaminational.org.au">strathpine@neaminational.org.au</a>		

## RFQ

## Caboolture

<b>Name of Organisation</b>	Richmond Fellowship Queensland (RFQ): Caboolture		
<b>Name of Program/Workshop/Course</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
Wise Choices & Wise Choices in Relationships	TBC	TBC	6/71 King Street, Caboolture (upstairs)
<b>Program Outline</b>	Wise Choices is a 10 week structured psychoeducational program based on Acceptance and Commitment Therapy (ACT). The program covers the cost of avoiding difficult thoughts and feelings, an introduction to ACT skills as new ways to cope and developing awareness of your values to help you live a rich and meaningful life. Wise Choices in Relationships is a 10 week program applying the skills learned in Wise Choices to the domain of relationships. The program covers relationship values and obstacles, relationship skills (such as making conversation, resolving conflict and setting limits) and using acceptance and mindfulness skills to address difficult thoughts and feelings.		
<b>How to Register</b>	Please phone 3363 2615 for more information and/or to register your interest		





North Brisbane Partners in Recovery

1800 752 235

[www.northbrisbane.pirinitiative.com.au](http://www.northbrisbane.pirinitiative.com.au)

### Working together to make things better

North Brisbane Partners in Recovery (PiR) works with adults who have long-term, severe problems with their mental health. To get help from us, people need to:

- have a mental illness that is severe and persistent
- have multiple and complex needs that require support from more than one service
- require assistance to get the help they need from these support services
- have no coordination of support services in place (or these coordination arrangements are not working)
- want to work with us to make things better, and
- live in the North Brisbane, Moreton and Somerset area.

We help people to get the support they need to get their lives back on track.

### Working together – with people

At North Brisbane Partners in Recovery, we work alongside people to help them get the support they need. Our PiR Coordinators help people to:

- plan and work towards recovery
- find the right places to get help
- make sure that different services meet their needs
- coordinate different services
- solve practical problems – like housing and health needs
- keep working towards recovery.

### Working together – with support services

At North Brisbane Partners in Recovery, we work with support services to help them meet the needs of people who have persistent mental health problems. We help services to:

- understand the needs of people who have complex needs
- know the various support services available in the region
- liaise with other support services to fully meet the needs of participants
- improve the services that are available in the local community.

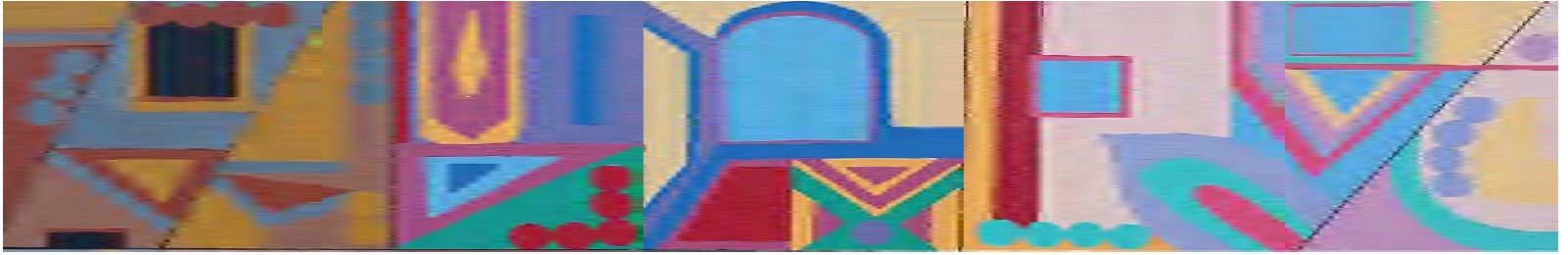
We help different support services to work together so that people with complex needs don't fall through the gaps.

### Getting support from Partners in Recovery

If you or someone you know may benefit from our support, please phone us on **1800 752 235**. You'll be able to talk directly to one of our PiR Coordinators. We will ask some simple questions to help us understand whether we can help. No GP or other formal referral is required. You can also make an online enquiry at [www.northbrisbane.pirinitiative.com.au](http://www.northbrisbane.pirinitiative.com.au)







## Section 5: Registration Forms

### Registration Form Prospectus: July to December 2017

<b>Name</b>	
<b>Phone</b>	
<b>Address</b>	
<b>Email</b>	

**How best would you describe yourself?**

<input type="checkbox"/>	Consumer / client / patient	<input type="checkbox"/>	QLD Health staff
<input type="checkbox"/>	Carer/Family member	<input type="checkbox"/>	NGO staff
<input type="checkbox"/>	Accessing other community organisations and supports		

**Which courses would you like to enrol in?**

<b>Course name</b>	
<b>Location</b>	
<b>Date</b>	

<b>Course name</b>	
<b>Location</b>	
<b>Date</b>	

**Please return this registration form to Recovery Support Services:**

**Online** at [www.mymentalhealth.org](http://www.mymentalhealth.org)

**Email:** [Recovery\\_Support\\_Services@health.qld.gov.au](mailto:Recovery_Support_Services@health.qld.gov.au)

**Phone:** (07) 3139 3205 to register

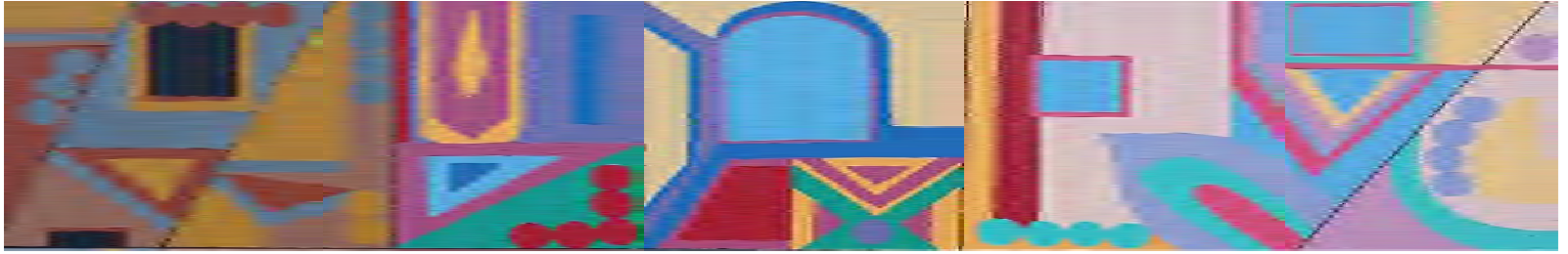
**Post:** Recovery and Clinical Programs Team

Chermside Community Health Centre, 490 Hamilton Road, Chermside, Q 4034

**Office Use Only**

Registration date	Documentation	Notification		Processed by
		Email		
		Letter		
		Phone		





**Registration Form  
Prospectus: July to December 2017**

<b>Name</b>	
<b>Phone</b>	
<b>Address</b>	
<b>Email</b>	

**How best would you describe yourself?**

<input type="checkbox"/>	Consumer / client / patient	<input type="checkbox"/>	QLD Health staff
<input type="checkbox"/>	Carer/Family member	<input type="checkbox"/>	NGO staff
<input type="checkbox"/> Accessing other community organisations and supports			

**Which courses would you like to enrol in?**

<b>Course name</b>	
<b>Location</b>	
<b>Date</b>	

<b>Course name</b>	
<b>Location</b>	
<b>Date</b>	

**Please return this registration form to Recovery Support Services:**

**Online at** [www.mymentalhealth.org](http://www.mymentalhealth.org)

**Email:** [Recovery\\_Support\\_Services@health.qld.gov.au](mailto:Recovery_Support_Services@health.qld.gov.au)

**Phone:** (07) 3139 3205 to register

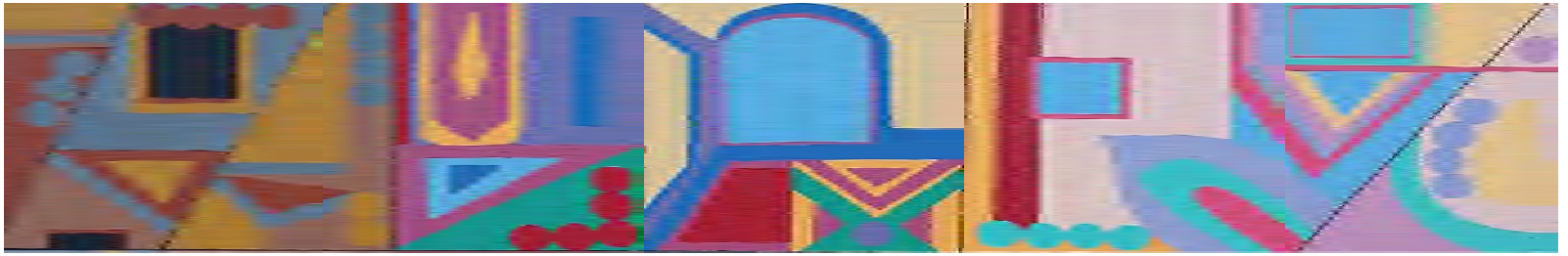
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Chermside Community Health Centre, 490 Hamilton Road, Chermside, Q 4034

**Office Use Only**

Registration date	Documentation	Notification		Processed by
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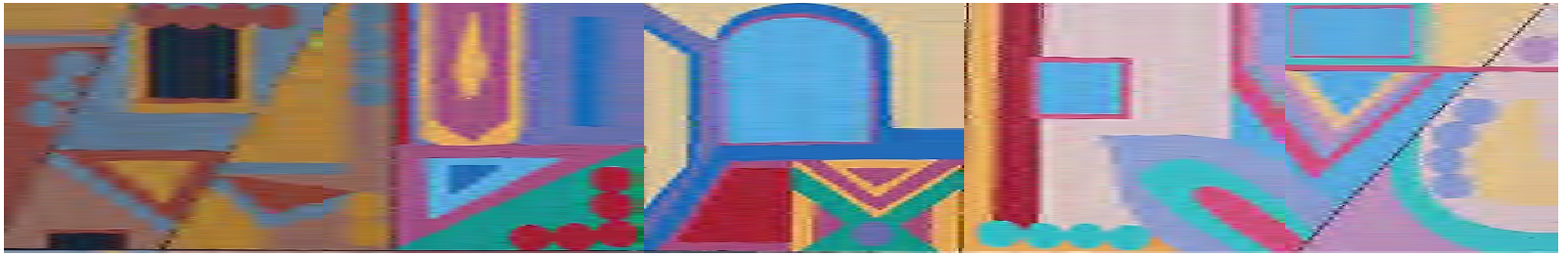




## Service directory

Name of Organisation	Address	Phone Web
Aftercare	5/180 Anzac Ave, Kippa-Ring	Ph: 3448 7130 <a href="http://www.aftercare.com.au">www.aftercare.com.au</a>
Arafmi	Arafmi House, 76 Merthyr Rd, New Farm	Ph: 3254 1881 <a href="http://www.arafmiqld.org">www.arafmiqld.org</a>
All about living	Activity Centre 174 Baskerville St, Brighton	Ph: 3269 1915 <a href="http://www.allaboutliving.com.au">www.allaboutliving.com.au</a>
Burnie Brae	60 Kuran St, Chermside	Ph: 3624 2125 <a href="http://www.burniebrae.org.au">www.burniebrae.org.au</a>
Brisbane North PHN		<a href="http://www.mymentalhealth.org.au/page/consumer-and-carer/lived-experience/">www.mymentalhealth.org.au/page/consumer-and-carer/lived-experience/</a>
Carers Qld Support Groups	236 Stafford Rd, Stafford	Ph:3624 1700 <a href="http://www.carersqld.asn.au">www.carersqld.asn.au</a>
Communify	180 Jubilee Tce, Bardon	<a href="http://www.communify.org.au">www.communify.org.au</a>
Connections	Training and Wellness Centre, Shop 18-22 King St,Caboolture	<a href="http://www.connectionsinc.org.au">www.connectionsinc.org.au</a>
Footprints	24 Light St, Fortitude Valley	Ph: 3252 3488 <a href="mailto:arc@footprintsinc.org.au">arc@footprintsinc.org.au</a>
Jeay Street	12 Jeays St, Bowen Hills	See Communify
Metro North Mental Health		Ph: 1300 642 255
Mental Illness Fellowship Queensland	MIFQ Hub 298 Gilchrist Ave, Herston	Ph:3358 4424 <a href="http://www.mifq.org.au">www.mifq.org.au</a>
My Mental Health		<a href="http://www.mymentalhealth.org.au">www.mymentalhealth.org.au</a>
NEAMI	2/356 Gympie Rd, Strathpine	Ph: 3205 6622 <a href="http://www.neaminational.org.au">www.neaminational.org.au</a>
139 Club		
Openminds	Woolloongabba	Ph: 3896 4222 1300 673 664 <a href="http://www.openminds.org.au">www.openminds.org.au</a>
Partners In Recovery		Ph:1800 752 235 <a href="http://www.northbrisbane.pirinitiative.com.au">www.northbrisbane.pirinitiative.com.au</a>
Richmond Fellowship Redcliffe	Recovery Centre Corner of Portwood St and Oxley Ave, Redcliffe	Ph: 3363 2511 <a href="http://www.rfq.com.au">www.rfq.com.au</a>
Richmond Fellowship Caboolture (RFQ)	6/71 King St, Caboolture	Ph: 3363 2615 <a href="http://www.rfq.com.au">www.rfq.com.au</a>
Stepping Stones Clubhouse Inc	9/61 Holdsworth St, Cooparoo	Ph: 3847 1058 <a href="http://www.steppingstoneclubhouse.org.au">www.steppingstoneclubhouse.org.au</a>
The Ted Noff Foundation	7/29-31 King St, Caboolture	Ph: 0477 011 222 / 1800 753 300 <a href="http://www.noffs.org.au">www.noffs.org.au</a>





Consumers and/or carers provided feedback on this publication

