



## VVCS North Queensland Group Programs January – July 2018

### 123 Magic & Emotion Coaching Parent Course

Veterans, Eligible ADF and Partners

3 day workshop (2 hours /day)

TOWNSVILLE

Thursdays 22 Feb, 1 & 8 Mar, 2:30pm—4:30pm

### Building Better Relationships

Veterans, Eligible ADF, Partners

3 day program

CAIRNS

Wed 13, Thurs 14, Fri 15 June, 9am-5.00pm

### Mastering Anxiety

Veterans, Eligible ADF, Partners, Family

2 day workshop

TOWNSVILLE

Tues 24 & Wed 25 July, 9:00am– 4:00pm

CAIRNS

Thurs 17 & Fri 18 May, 9:00am– 4:00pm

### Relaxation and Stress Management Workshop

Veterans, Eligible ADF, Partners, Family

1 day workshop

TOWNSVILLE

Wed 9 May, 9:00am– 4:00pm

### Understanding PTSD-for Carers and Families

Partners, Family

1 day workshop

TOWNSVILLE

Tues 29 May, 9:00am– 4:00pm

### Operation Life

Veterans, Partners, Family, Friends, Volunteers

safeTALK—half day workshop

TOWNSVILLE

Wed 21 Mar, 9:30am– 3:00pm

CAIRNS

Tues 20 Mar, 9:30am– 3:00pm

ASIST - 2 day workshop

TOWNSVILLE

Mon 18 & Tues 19 June, 9:00am– 5:00pm

MACKAY

Mon 25 & Tues 26 June, 9:00am– 5:00pm

### Sleeping Better

Veterans, Eligible ADF, Partners, Family

2 day workshop

TOWNSVILLE

Tues 13 & Wed 14 Mar, 9:00am– 4:00pm

CAIRNS

Thurs 19 & Fri 20 April, 9:00am– 4:00pm

### Stepping Out - ADF Transition

All ADF members & partners who are in the process of or who have separated from the ADF in the last 12 months

2 day workshop

TOWNSVILLE

Tues 15 May & Wed 16 May, 9:00am— 4:00pm

### Residential Lifestyle Management Program

(early promotion—register now to avoid missing out)

Veterans, Eligible ADF, and Partners

5 day residential program

TOWNSVILLE

Mon 29 Oct – Fri 2 Nov

#### What are VVCS group programs?

VVCS group programs aim to improve the quality of life of veterans, eligible ADF members and their families and complement counselling and other services that promote recovery through prevention, early intervention and treatment. All group programs are provided at no cost to eligible participants.

To register for group programs, or to make further enquiries please contact VVCS North Queensland on 1800 011 046 or email [vvcsnorthqld@dva.gov.au](mailto:vvcsnorthqld@dva.gov.au).



# VVCS North Queensland Group Programs

## VVCS Group Programs

### **123 Magic & Emotion Coaching Parent Course**

This is a 3-session program to assist parents and carers to develop strategies to manage difficult behaviour in children aged up to 12 years old.

### **Building Better Relationships**

This program is designed to help emotionally committed couples enhance their relationship. The program explores what makes a good relationship and aims to increase partners' understanding of each other, improve communication, enhance intimacy and help couples plan ahead.

### **Mastering Anxiety**

Anxiety is a normal reaction to stress, however when anxiety becomes severe and interferes with our capacity to cope effectively, it is no longer considered normal. This program helps participants to understand anxiety and the factors that maintain it. It aims to promote a sense of wellbeing through developing strategies to reduce anxiety and associated stress.

### **Operation Life (“ASIST” 2 day workshop and “safeTALK” half day workshop)**

Operation Life workshops provide a framework for action to prevent suicide and promote mental health and resilience across the veteran community. These workshops aim to help members of the veteran community to recognise someone who might be having thoughts of suicide and to link them in with appropriate assistance.

### **Relaxation and Stress Management Workshop**

This workshop is an educational and skills based program assisting participants to understand the importance of relaxation, signs and symptoms of stress and overcome barriers to relaxation.

### **Residential Lifestyle Management Program**

This program is designed for veterans and their partners who would like to improve their wellbeing and enhance their relationship. It provides an opportunity to take time out from the daily routine and focus on a range of lifestyle subjects, such as stress management, communication and relationship building.

### **Sleeping Better**

The quality of your sleep directly affects the quality of your waking life, including your mental alertness, efficiency, emotion regulation, creativity, energy levels, and even your weight. Sleeping Better introduces long term solutions for insomnia that involve changing sleep habits to promote good sleep.

### **Stepping Out**

The Stepping Out program is about helping you improve your transition from the ADF to civilian life. Making the move to civilian life can be challenging and the changes you experience may have an impact on your personal life, work life and family life. Stepping Out will give you information and skills to manage your transition to civilian life.

### **Understanding PTSD—for Carers and Families**

This workshop is an educational program which aims to provide partners, carers and families with a knowledge and understanding of PTSD with a focus on the impact of PTSD on individuals and relationships, promotion of health and well-being in carers and an outline of resources and services available.

To register for group programs, or to make further enquiries please contact VVCS North Queensland on 1800 011 046 or email [vvcsnorthqld@dva.gov.au](mailto:vvcsnorthqld@dva.gov.au). Visit [www.vvcs.gov.au](http://www.vvcs.gov.au) for more detailed information on group programs, eligibility, or to register your interest.