

# GROUP PROGRAM SCHEDULE

## JANUARY-JULY 2024

### ONLINE PROGRAMS

#### MANAGING PAIN

**2 x 90 minutes sessions - Instructor Led**

**TIME: 1230hrs – 1400hrs AEST**

Tuesday & Thursday | 6<sup>th</sup> & 8<sup>th</sup> February

Wednesday & Friday | 6<sup>th</sup> & 8<sup>th</sup> March

Tuesday & Thursday | 9<sup>th</sup> & 11<sup>th</sup> April

Wednesday & Friday | 8<sup>th</sup> & 10<sup>th</sup> May

Tuesday & Thursday | 11<sup>th</sup> & 13<sup>th</sup> June

#### UNDERSTANDING ANXIETY

**2 x 90 minutes sessions - Instructor Led**

**TIME: 1230hrs – 1400hrs AEST**

Tuesday & Thursday | 6<sup>th</sup> & 8<sup>th</sup> February

Tuesday & Thursday | 27<sup>th</sup> & 29<sup>th</sup> February

Tuesday & Thursday | 19<sup>th</sup> & 21<sup>st</sup> March

Tuesday & Thursday | 30<sup>th</sup> April & 2<sup>nd</sup> May

Tuesday & Thursday | 21<sup>st</sup> & 23<sup>rd</sup> May

Tuesday & Thursday | 11<sup>th</sup> & 13<sup>th</sup> June

Tuesday & Thursday | 2<sup>nd</sup> & 4<sup>th</sup> July

#### RECOVERY FROM TRAUMA

**2 x 90 minutes sessions - Instructor Led**

**TIME: 1300hrs – 1430hrs AEST**

Monday & Wednesday | 22<sup>nd</sup> & 24<sup>th</sup> January

Monday & Wednesday | 25<sup>th</sup> & 27<sup>th</sup> March

Monday & Wednesday | 27<sup>th</sup> & 29<sup>th</sup> May

#### DOING ANGER DIFFERENTLY

**2 x 90 minutes sessions - Instructor Led**

**TIME: 1300hrs – 1430hrs AEST**

Wednesday & Friday | 31<sup>st</sup> January & 2<sup>nd</sup> February

Wednesday & Friday | 21<sup>st</sup> & 23<sup>rd</sup> February

Wednesday & Friday | 13<sup>th</sup> & 15<sup>th</sup> March

Wednesday & Friday | 3<sup>rd</sup> & 5<sup>th</sup> April

Wednesday & Friday | 1<sup>st</sup> & 3<sup>rd</sup> May

Wednesday & Friday | 22<sup>nd</sup> & 24<sup>th</sup> May

Wednesday & Friday | 12<sup>th</sup> & 14<sup>th</sup> June

#### SLEEPING BETTER

**2 x 90 minutes sessions - Instructor Led**

**TIME: 12.30hrs – 1400hrs AEST**

Tuesday & Thursday | 30<sup>th</sup> January & 1<sup>st</sup> February

Tuesday & Thursday | 12<sup>th</sup> & 14<sup>th</sup> March

Tuesday & Wednesday | 23<sup>rd</sup> & 24<sup>th</sup> April

Wednesday & Friday | 5<sup>th</sup> & 7<sup>th</sup> June

**\*\*Please note all times are Australian Eastern Standard Time**

**Refer to your state or territory time zones for the time in your area**

To register your interest and for the most up to date information visit:  
<https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>

**OPEN**  
Veterans & Families  
Counselling  
**ARMS**

**1800 011 046**  
**OpenArms.gov.au**



## BEATING THE BLUES

This skills-based program can help you understand the situations and thinking patterns that can contribute to depression, and learn strategies and techniques to help manage symptoms.

## DOING ANGER DIFFERENTLY

This program will help develop a better understanding of anger, recognise the impact that anger can have on you and your relationships and make practical changes.

## MANAGING PAIN

An educational and skills based program which assists participants to develop an understanding of pain and focus on strategies to improve their experience of pain.

## STEPPING OUT

This program is for ADF members and their partners who are about to, or have recently separated from the military.

## SLEEPING BETTER

Sleeping better is an educational and skills-based group program to help managed disturbed sleep.

## PARENTING PROGRAMS

Parenting Programs are tailored to the needs of attending veteran families, to help build strong and positive relationships between parents and their families.

## BUILDING BETTER RELATIONSHIPS

### COUPLES ONLY GROUP PROGRAM

Building Better Relationships can help you rediscover what's important in your relationship, and help strengthen and rebuild the relationship with your partner.

## UNDERSTANDING ANXIETY

This program will help you better understand anxiety, and link between thoughts, feelings and behaviour when you are experiencing anxiety.

## RECOVERY FROM TRAUMA

This program will help you to understand the possible impact of trauma, and teaches you strategies and skills to help you to manage its impact on you and your family.

## RELAXATION & STRESS MANGEMENT

This program provides skills and tools to help you identify and manage stress, and develop relaxation and mindfulness skills that can assist in everyday life.

To register your interest or for the most up to date information visit the Open Arms Website

<https://www.openarms.gov.au/getsupport/treatment-programs-and-workshops> or Scan the QR Code

