

GROUP PROGRAM SCHEDULE

JULY – DECEMBER 2024

VICTORIA

BEATING THE BLUES

MELBOURNE

Tuesday 23 - Wednesday 24 July 2024

9:30am – 4:00pm | 2 days

MELBOURNE

Tuesday 3 - Wednesday 4 December 2024

9:30am – 4:00pm | 2 days

STEPPING OUT

WODONGA

Wednesday 21 – Thursday 22 August 2024

9:30am – 4:00pm | 2 days

MELBOURNE

Wednesday 20 - Thursday 21 November 2024

9:30am – 4:00pm | 2 days

SEYMOUR

Thursday 5 – Friday 6 December 2024

9:30am – 4:00pm | 2 days

BUILDING BETTER RELATIONSHIPS

MELBOURNE

Wednesday 4 – Friday 6 September 2024

9:30am – 4:00pm | 3 days

RELAXATION & STRESS MANAGEMENT

FRANKSTON

Friday 1 November 2024

9:30am – 4:00pm | 1 day

WODONGA

Friday 13 December 2024

9:30am – 4:00pm | 1 day

SLEEPING BETTER

MELBOURNE

Fridays, 6 & 13 September 2024

9:30am – 4:00pm | 2 days

MORWELL

Wednesday 23 – Thursday 24 October 2024

9:30am – 4:00pm | 2 days

WONTHAGGI

Wednesday 13 – Thursday 14 November 2024

9:30am – 4:00pm | 2 days

FRANKSTON

Fridays, 22 & 29 November 2024

9:30am – 4:00pm | 2 days

In addition to the above face-to-face groups, Open Arms also provides a range of educational online training and workshops.

These groups are scheduled on demand. To register your interest and for the most up to date information visit:

<https://www.openarms.gov.au/get-support/treatment-programs-and-workshops>



1800 011 046
OpenArms.gov.au



GROUP PROGRAM SCHEDULE

JULY – DECEMBER 2024 cont.

VICTORIA

RECOVERY FROM TRAUMA

MELBOURNE

Tuesday 15 - Wednesday 16 October 2024

9:30am – 4:30pm | 2 days

MANAGING PAIN

FRANKSTON

Tuesday 8 – Wednesday 9 October 2024

9:30am – 4:30pm | 2 days

GEELONG

Tuesday 26 – Wednesday 27 November 2024

9:30am – 4:30pm | 2 days

UNDERSTANDING ANXIETY

MELBOURNE

Wednesday 6 – Thursday 7 November 2024

9:30am – 4:30pm | 2 days

FRANKSTON

Tuesday 10 – Wednesday 11 December 2024

9:30am – 4:30pm | 2 days

DOING ANGER DIFFERENTLY

WODONGA

Tuesday 10 – Wednesday 11 September 2024

9:30am – 4:30pm | 2 days

MELBOURNE

Tuesday 17 – Wednesday 18 September 2024

9:30am – 4:30pm | 2 days

GEELONG

Tuesday 29 – Wednesday 30 October 2024

9:30am – 4:30pm | 2 days

ONLINE GROUP PROGRAMS

NATIONAL

Doing Anger Differently

Understanding Anxiety

Managing Pain

Recovery from Trauma

Sleeping Better

[View the website for upcoming dates](https://www.openarms.gov.au/get-support/programs-workshops/upcoming)



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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 manage 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 MANAGEMENT

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

