

# Education and Training Calendar 2012

More information and register at [www.carersouth.org.au](http://www.carersouth.org.au)

(Current February 2012)

## **Introduction to Creative Caring For carers of a person with dementia**

Contact: Erica Elliott on 8781 3404 or  
Dina Hewitt on 8781 3400

**Monday January 23 and Tuesday Jan 24**

Mornington Community Information &  
Support Centre, Mornington

Category: Dementia & Behaviour  
Topic: Health & Wellbeing

## **Supporting your Ageing Parents Where to start?**

Contact: Kath Ziffer on 9212 3015 or  
Greg Pratt on 8781 3402

**Saturday February 11**

Sandown Regency  
Noble Park

Category: For Working Carers  
Topic: Understanding Services

## **Surviving Carer Stress & Caring for Yourself - a two-part workshop for carers**

Contact: Jane Bounsall on 9212 3007  
Pauline Lacey on 9212 3010

**Tuesday February 14**

The City of Casey  
Narre Warren (Near Fountain Gate)

Category: Caring for Older People  
Topic: Health & Wellbeing

## **Creative Ways to Care Strategies for carers of people living with dementia**

### **Seven session course**

Contact: Erica Elliott on 8781 3404 or  
Ruth Davis 8781 3405

**Wednesday February 15, 22 & 29 and  
March 7, 14, 21 & 28**

The Mornington Community Information  
and Support Centre, Mornington

Category: Dementia and Behaviour  
Topic: Skills Building

## **Surviving Carer Stress Understanding how stress affects you**

Contact: Hayley Johnson on 9076 1614 or  
Carolyn Holten on 9076 6189

**Tuesday February 21**

Buckingham International, Highett

Category: Caring for Older People  
Topic: Health & Wellbeing

## **Family Carer Course Dementia and behaviours of concern**

Contact: Virginia Creaser on 9076 6352

**Friday February 24 and March 2 & 9**

Caulfield Hospital

Category: Dementia and Behaviour  
Topic: Skills Building

## **Residential Respite Options An information session for carers**

Contact: Anna Poulis on 9076 6636 or  
Beata Amico on 9076 1613

**Tuesday February 28**

Telehealth Suite, Caulfield Hospital

Category: Caring for Older People  
Topic: Understanding Services

## **Residential Respite Options An information session for carers**

Contact: Margaret Schoonbeek on 9212 3016

**Wednesday February 29**

Dandenong CRCC  
Princes Highway, Dandenong

Category: Caring for Older People  
Topic: Understanding Services

Commonwealth Respite and Carelink Centre Southern Region  
FREECALL \* 1800 052 222  
CareLine Carer Support and Respite (24 Hours)  
Community Information (Business Hours)  
[www.carersouth.org.au](http://www.carersouth.org.au)  
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COMMONWEALTH  
**Respite &  
Carelink Centre**  
Supporting Carers  
Informing the Community  
SOUTHERN REGION

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## **Sleep Matters** **A workshop for carers to support wellbeing**

Contact: Ruth Davis on 8781 3405 or  
Erica Elliott on 8781 3404

**Thursday March 15**  
Mornington Community Information &  
Support Centre, Mornington

Category: Caring for Older People  
Topic: Health & Wellbeing

## **Surviving Carer Stress & Caring for Yourself** **A two-part workshop for carers**

Contact: Jane Bounsall on 9212 3007 or  
Pauline Lacey on 9212 3010

**Wednesday March 21**  
The City of Casey, Narre Warren

Category: Caring for Older People  
Topic: Health & Wellbeing

## **Sleep Matters** **A workshop for carers to support wellbeing**

Contact: Hayley Johnson on 9076 1614 or  
Judy Allen on 9076 1618

**Thursday April 12**  
Buckingham International, Highett

Category: Caring for Older People  
Topic: Health & Wellbeing

## **Residential Respite Options** **An information session for carers**

Contact: Margaret Schoonbeek on 9212 3016

**Wednesday May 16**  
Frankston CRCC  
Playne Street, Frankston

Category: Caring for Older People  
Topic: Understanding Services

## **Changing Relationships** **A workshop for carers**

Contact: Eileen Hennessy on 9076 6269

**Tuesday May 22**  
Caulfield Hospital, Telehealth Suite  
Caulfield

Category: Caring for Older People  
Topic: Health & Wellbeing

## **Residential Respite Options** **An information session for carers**

Contact: Anna Poullos on 9076 6636 or  
Beata Amico on 9076 1613

**Tuesday May 22**  
Caulfield Hospital, Conference Room  
Caulfield

Category: Caring for Older People  
Topic: Understanding Services

## **Practical aspects of care** **A carer wellbeing workshop**

Contact: Carolyn Holten on 9076 6189

**Wednesday June 13**  
Caulfield Hospital, Telehealth Suite  
Caulfield

Category: Caring for Older People  
Topic: Health & Wellbeing

## **It's OK to be assertive** **A carer wellbeing workshop**

Contact: Carolyn Holten on 9076 6189

**Wednesday June 20**  
Caulfield Hospital, Telehealth Suite  
Caulfield

Category: Caring for Older People  
Topic: Health & Wellbeing

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(Current February 2012)

## **Family Carer Course Dementia and behaviours of concern**

Contact: Jacob Topy on 9076 1622

**Friday July 6, 13 & 20**

Central Bayside Community Health Services, Parkdale

Category: Dementia & Behaviour  
Topic: Skills Building

## **Creative Ways to Care Strategies for carers of people living with dementia**

### **Seven session course**

Contact: Jane Bounsall on 9212 3007 or  
Pauline Lacey on 9212 3010

**Tuesday July 17, 24 & 31 and August 7, 14, 21 & 28**

The City of Casey  
Narre Warren (Near Fountain Gate)

Category: Dementia and Behaviour  
Topic: Skills Building

## **Humour and caring A workshop for carers to support your wellbeing**

Contact: Ruth Davis on 8781 3405 or  
Erica Elliott on 8781 3404

**Wednesday July 18**

Frankston CRCCSR

Category: Caring for Older People  
Topic: Health & Wellbeing

## **Creative Ways to Care Strategies for carers of people living with dementia**

### **Seven session course**

Contact: Virginia Creaser on 9076 6352

**Tuesday July 31 and August 7, 14, 21 & 28 and September 4 and 11**

Telehealth Suite, Caulfield Hospital  
Caulfield

Category: Dementia and Behaviour  
Topic: Skills Building

## **Creative Ways to Care Strategies for carers of people living with dementia**

### **Seven session course**

Contact: Jacob Topy on 9076 1622

**Friday September 7, 14, 21 & 28 and October 5, 12 & 19**

Central Bayside Community Health Services  
Parkdale

Category: Dementia and Behaviour  
Topic: Skills Building

## **Surviving Carer Stress Understanding how stress affects you**

Contact: Carolyn Holten on 9076 6189

**Thursday October 11**

Caulfield Hospital, Telehealth Suite  
Caulfield

Category: Caring for Older People  
Topic: Health & Wellbeing

## **Effective Communication Back to the basics**

Contact: Ruth Davis on 8781 3405 or  
Erica Elliott on 8781 3404

**Wednesday October 17**

Mornington Community Information & Support Centre, Mornington

Category: Caring for Older People  
Topic: Health & Wellbeing

Commonwealth Respite and Carelink Centre Southern Region  
FREECALL \* 1800 052 222

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## **Sleep Matters**

### **A workshop for carers to support wellbeing**

Contact: Carolyn Holten on 9076 6189

## **Thursday October 18**

Caulfield Hospital, Telehealth Suite  
Caulfield

Category: Caring for Older People

Topic: Health & Wellbeing

## **Residential Respite Options**

### **An information session for carers**

Contact: Anna Poullos on 9076 6636 or  
Beata Amico on 9076 1613

## **Tuesday November 27**

Caulfield Hospital, Telehealth Suite  
Caulfield

Category: Caring for Older People

Topic: Health & Wellbeing

Commonwealth Respite and Carelink Centre Southern Region

FREECALL \* 1800 052 222

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Community Information (Business Hours)

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