### VVCS North Queensland Group Programs
#### August-December 2016

<table>
<thead>
<tr>
<th>Event</th>
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| **Beating the Blues** | Veterans, Partners, Family | 2 day workshop  
_TOWNSVILLE_  
Tues 9 & Wed 10 Aug, 9:00am– 4:00pm  
_CAIRNS_  
Wed 26 & Thurs 27 Oct, 9:00am– 4:00pm |
| **Doing Anger Differently** | Veterans, Partners, Family | 2 day workshop  
_CAIRNS_  
Tues 23 & Wed 24 Aug, 9:00am– 5:00pm |
| **Relaxation Workshop** | Veterans, Partners, Family | 1 day workshop  
_TOWNSVILLE_  
Wed 2 Nov, 9:00am– 4:00pm |
| **Operation Life** | Veterans, Partners, Family, Friends, Volunteers | ASIST - 2 day workshop  
_TOWNSVILLE_  
Thurs 17- Fri 18 Nov, 9:00am– 5:00pm  
safeTALK — Half day workshop  
_CAIRNS_  
Wed 3 Aug, Nov, 9:30am– 3:00pm |
| **Residential Lifestyle Management Program** | Veterans and Partners | 5 day program  
_TOWNSVILLE_  
Mon 17 – Fri 21 Oct |
| **123 Magic & Emotion Coaching Parent Course** | Veterans and Partners | 3 day workshop (2 hours /day)  
_TOWNSVILLE_  
Thursdays 27 Oct, 3 & 10 Nov, 2:30– 4:30pm |
| **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 program  
_TOWNSVILLE_  
Tues 2 & Wed 3 Aug, 9:00am– 4:00pm  
Tues 22 & Wed 23 Nov, 9:00am–4:00pm  
_CAIRNS_  
Tues 6 & Wed 7 Sept, 9:00am–4:00pm |
| **Mastering Anxiety** | Veterans, Partners, Family | 2 day workshop  
_TOWNSVILLE_  
Tues 13 & Wed 14 Sept, 9:00am– 4:00pm |

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**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.
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.

Beating the Blues
Depression is one of the most common mental health problems, with around one in five Australians experiencing it at least once in their lifetime. Beating the Blues assists participants to understand the situations and thinking patterns that can contribute to depression, and to develop strategies to manage depression symptoms more effectively.

Doing Anger Differently
Anger is a normal human emotion and can serve useful purposes if properly controlled. This program aims to give participants the tools and understanding to manage anger more effectively, so that it doesn’t have a negative impact on their own, or others’ lives.

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.

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.

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.

Relaxation 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.

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.

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. Visit www.vvcs.gov.au for more detailed information on group programs, eligibility, or to register your interest.