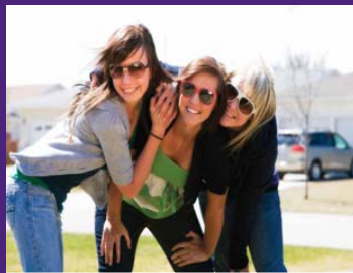


# Group programs and short courses @ each

1 Feb to 8 April 2011

[www.each.com.au](http://www.each.com.au)



## Youth & Family

### The Brady Bunch (are they for real?)

Brady Bunch is a four-week course for re-partnered couples with children. The focus is on understanding what helps relationships work well and dealing with circumstances that present challenges to the re-partnered family. The course includes presentations, discussion and support.

**Wednesdays** 7.15 - 9.30 pm (9 March - 30 March)

**Where:** Lifeworks  
9 Greenwood Avenue, Ringwood

**Cost:** \$20 per couple  
(You must attend as a couple)

### Engaging Adolescents

A three session course which covers:

1. Understanding adolescence: a time of social, emotional and physical changes.
2. Understanding your job as a parent of a teenager: observer, advisor, negotiator, director
3. Asking the Question—Is it serious? What's worth reacting to and what's not.
4. How to hold the difficult conversations more successfully.

**Tuesdays** 7.30 - 9.00 pm (23 March - 5 April)

**Where:** Lifeworks  
9 Greenwood Avenue, Ringwood

**Cost:** No charge

### Rebound Early Intervention Program

This new program for the City of Whitehorse aims to stabilise family relationships and divert young people 13-15 from the criminal justice system. The program utilizes a creative combination of group work, individual counseling and facilitated out-door experiences to prepare the way for change.

**Commences 28 March** (2 days per week for 4 weeks)

A follow-up camp is scheduled in August

**Cost:** No charge

### Girls with Attitude

Girls with Attitude is a program for young women aged 13 to 16 years who are experiencing difficulties dealing with their emotions, struggling with significant relationships and many other issues. The program runs for four days over four weeks and covers topics such as communication, feelings and emotions, self esteem and confidence, assertiveness, strategies for getting past anger and relationship building.

A parent forum after the final session is also an important element of the program.

**Maroondah:** 16 March - 6 April  
Wednesdays 9.00 am - 2.00 pm

**Where:** EV's Youth Centre  
212 Mt Dandenong Road, Croydon

**Whitehorse:** 17 March - 7 April  
Thursdays 9.00 am - 2.00 pm

**Where:** Youth Connexions, Suite 2,  
Level 1, Centro, Box Hill South

**Yarra Ranges:** 15 March - 13 April  
Thursdays 9.00 am - 2.00 pm

**Where:** Yarra Ranges Youth Services,  
216 - 218 Maroondah Highway,  
Lilydale

**Cost:** No charge

### For more information on our Youth & Family groups

**Contact:** The Youth and Family Intake Worker on 9871 1800.



## Health & Fitness

### Breathe Easies

*Physiotherapy assessment required*

A supervised gentle exercise program for people with stable heart failure, chronic respiratory illness or lung condition. Breathe Easies is suitable for people who have completed a six-week cardiac or pulmonary rehabilitation program.

**Tuesdays** 9.30 - 10.30 am **OR** 11.00 am - 12 noon  
**Where:** Maroondah Social & Community Health Centre  
75 Patterson Street, Ringwood East  
**Cost:** \$5 per class  
**Contact:** Intake Worker on 9837 3999

### Gentle Exercises - Gentle Seated and Standing Group

*Physiotherapy assessment required*

These gentle exercise classes improve muscle strength, general fitness and a sense of wellbeing.

**Thursdays** 9.30 -10.30 am (Seated group)  
10.45 - 11.45 am (Standing group)  
**Where:** East Ringwood Senior Citizen's Centre  
Laurence Grove, Ringwood East  
**Cost:** \$5 per class  
**Contact:** Intake Worker on 9837 3999

### Joint Activities

A gentle aerobics and toning class specifically designed for the health and fitness needs of older people.

**Thursdays** 9.30 -10.30 am  
**Where:** East Ringwood Senior Citizen's Centre  
Laurence Grove, Ringwood East  
**Cost:** \$5 per class  
**Contact:** Penny May on 9837 3999

### Water Exercise

*Physiotherapy assessment required*

An ongoing therapeutic aquatic physiotherapy treatment for people who wish to improve and maintain their physical and mental wellbeing.

**Tuesdays & Fridays**  
**Where:** Croydon Leisure Aquatic Centre and  
Ringwood Aquatic Centre  
**Cost:** \$8 per class  
**Contact:** Intake Worker on 9837 3999

### SAFEMoves Exercise

A 15 –week *Falls Prevention* program for people who have experienced a fall or are at risk of falling.

*Physiotherapy assessment required*

**Wednesdays** 2.00 - 3.30 pm  
**Where:** St Stephen's Church Hall  
28 Freeman Street, Ringwood East  
**Cost:** \$5 per class  
**Contact:** Intake Worker on 9837 3999

### Tai Chi for Health

*Physiotherapy assessment required*

Tai Chi is a traditional, gentle form of Chinese exercise which has many health benefits, such as improving flexibility and balance.

**Wednesdays** 9.45 -10.45 am (Advanced class)  
11.00 - 12:00 noon (Beginner's class)  
**Where:** East Ringwood Senior Citizen's Centre  
Laurence Grove, Ringwood East  
**Contact:** Intake Worker on 9837 3999  
**Cost:** \$5 per class (includes morning tea)

### Walk and Talk

*Physiotherapy assessment required*

This group is designed to increase physical activity by walking in parks within the local community.

**Every second Tuesday** 10am - 12 noon  
**Cost:** \$2  
**Contact:** Intake Worker on 9837 3999

### Tobacco Free Clinic

The Tobacco Free Clinic will help you to achieve your goal to stop smoking. A trained staff member will work with you to find the best method to help you quit.

You will attend an initial consultation and then short progress appointments at weekly/fortnightly intervals. Some of these can be done on the phone.

**Tuesdays afternoons** (other times may also be available during business hours)  
**Where:** Maroondah Social & Community Health Centre  
75 Patterson Street, Ringwood East  
**Cost:** \$8 per session  
**Contact:** Intake Worker on 9837 3999

## Professional Development

### Applied Suicide Skills Training (ASSIST)

ASSIST provides practical help to prevent the immediate risk of suicide. This interactive two-day program includes discussion, videos and skills practice.

**Dates:** 3 and 4 February (Eastern suburbs)  
17 and 18 March (Western suburbs)  
**Time:** 9:00 am - 4:30 pm  
**Cost:** \$295 (+ GST) - Includes lunch and morning/afternoon tea.  
**Venue:** To be confirmed.

### SKIPS Facilitator Training – Mental Health

This program is designed to reduce stigma and empower staff to better support families where there is a parent with a mental illness.

**Templestowe:** 9 February  
**Where:** St Charles Borromeo Primary School  
230 - 234 Serpells Rd, Templestowe  
**Ringwood:** 10 February  
**Where:** Federation Estate  
32 Greenwood Ave, Ringwood  
**Time:** 9.15 am - 5:00 pm  
**Cost:** \$100

### Dealing with Difficult People

Learn how to manage situations involving difficult people and strategies to avoid further conflict.

**Dates:** 9 February  
**Time:** 10:00 am - 4:00 pm  
**Cost:** \$150 (+ GST)  
**Venue:** Eastern Ranges GP Association, Croydon

### Train the Trainer

A two-day introduction to learn who to prepare and present a short training or information session.

**Dates:** 14 and 15 February  
**Time:** 9:00 am - 4:30 pm  
**Cost:** \$295 (+ GST)  
**Venue:** To be confirmed

### Stress Management

All of us have some sort of stress in our lives at one time or another. This workshop addresses what stress is – whether it is good or bad stress, acknowledging how we cope with stress now and then learning new strategies for change.

**Dates:** 23 February  
**Time:** 10:00 am - 4:00 pm  
**Cost:** \$150 (+ GST)  
**Venue:** Eastern Ranges GP Association, Croydon

### Motivational Interviewing

#### - Foundation Skills Course

Motivational Interviewing is a dynamic, constantly evolving approach to working effectively with ambivalence to increase the likelihood of clients engaging in positive behavior change. The approach is relevant for a wide range of presenting issues and settings, including addictions, sexual health, chronic disease management, treatment adherence and health behavior change.

The two-day training program is highly interactive, with a focus on practical skill development.

**Dates:** 2 and 9 March  
**Time:** 9:00 am - 4:30 pm  
**Cost:** \$350 (+ GST)  
**Venue:** Eastern Ranges GP Association, Croydon

### Effective Communication

If you're a professional who works in management, sales, client-focused or customer service, communicating effectively is a priority. This workshop looks at communication that is currently not working in our lives and how we can re-learn skills to help with everyday conversations, and also that very difficult conversation we all try to avoid.

**Dates:** 16 March  
**Time:** 10:00 am - 4:00 pm  
**Cost:** \$150 (+ GST).  
**Venue:** Eastern Ranges GP Association, Croydon

### Certificate II in Asset Maintenance (PRM 2010)

This accredited training course is designed for anyone wishing to acquire competency in domestic and commercial cleaning. The knowledge and skills gained will enable you to work efficiently, effectively and with confidence in the cleaning industry.

The training is delivered over six days (including homework).

For more information on this program contact Donna on [studentadmin@each.com.au](mailto:studentadmin@each.com.au) or call 9735 7961.

### Enrolment Information

Please contact Donna on [studentadmin@each.com.au](mailto:studentadmin@each.com.au) or call **9735 7961** for more information or to register for any of the above workshops.

# each - social and community health

provides an integrated range of health, disability, counselling and community mental health services that promotes everyone's wellbeing.

## Our Services

### Mental Health

- support for families and carers
- psychosocial disability rehabilitation day programs
- support for people to live independently
- support for those without a home
- help to overcome social isolation

For more information phone **9735 7900**

### Child, Adult & Family Support

- **each child** long day care and kindergarten
- child psychology and speech therapy
- programs for children with developmental delays
- support for families

For more information phone **9837 3999**

### Counselling Services

- drug and alcohol problems **t. 1300 650 705**
- problem gambling **t. 1300 131 973**
- victims of crime **t. 1300 884 284**
- financial concerns **t. 9871 1800**
- domestic violence **t. 9837 3999**

### Community Inclusion & Support

- recreation and social programs for people with disabilities
- support for families and carers
- in-home support
- self advocacy

For more information phone **9871 1850**

### Employment Assistance

Support for people with mental health and general disabilities to move into mainstream employment.

For more information phone **9735 7900**.

### Clinical Services

- Community Dental Service **t. 9259 4900**
- podiatry, physiotherapy, dietetics, occupational therapy and falls prevention
- health education and physical activity programs
- Well Women's Clinic
- Aboriginal health promotion and chronic care program

For more information phone **9837 3999**

### Youth & Family Services

- individual and family counselling
- parent/adolescent mediation
- short term case management
- free and confidential GP Youth Clinic (Tuesday, Thursday and Friday afternoons)
- help to overcome social isolation

For more information phone **9871 1800**

### Older Adult Services

- planned activity groups
- support for carers
- group social support activities

For more information phone **9871 1850**

**For further information about our services and locations go to [www.each.com.au](http://www.each.com.au)**