



ARAFMI
HUNTER
Mental Health Carers

Workshops and Support Groups

for families and friends of people with
mental illness.



EMPOWERING
MENTAL HEALTH
Carers
since 1979

Ph: 4922 1500
www.samaritans.org.au/arafmi



Samaritans
Compassion Integrity Justice

Workshops & Support Groups

We offer a range of educational workshops to help you develop the skills to look after yourself and better support your loved ones.

ASSERTIVENESS

Improve your communication with family, friends and service providers by learning practical assertiveness techniques.

BORDERLINE PERSONALITY DISORDER (BPD)

Support someone with BPD by learning more about the disorder and ways to manage challenging behaviours. Discover the importance of validating healthy boundaries and learn self-care tips so you cope better.

BOUNDARIES

Support your self-respect and self-worth by setting healthy personal boundaries. Enjoy healthier relationships by communicating your boundaries directly and honestly.

THE 8 STAGES OF HEALING

Move from 'just coping' to living better with the impact of mental illness on your loved one. Learn to move the focus back to your own life journey, so you can begin healing the hurts of the past and move forward.

MINDFULNESS

Learn to be more present in the moment, so you are aware of where you are and what you are doing. Accept your thoughts and emotions so you are less reactive and overwhelmed by what's happening around you. Get tips to continue your practice at home.

SUPPORT GROUPS

Borderline Personality Disorder Support Group

2nd Tuesday of the month, 6:30 – 8:30pm

32 Brunner Rd, Broadmeadow 2292

To find out more about the workshops and support groups please phone 4922 1500.



Funded by Hunter New England Health