

# Training and Professional Development Calendar August – September 2013



Produced by the Youth Coalition of the ACT

In partnership with the Alcohol Tobacco and Other Drug Association ACT and the Mental Health Community Coalition ACT

## August

- 1 Family Counselling: Navigating Legal Confidentiality**  
Contact Margaret Crawford, Family Law Pathways Network, margaret.crawford@legalaidact.org.au  
Cost: Free
- 2 Physical Activity and Sedentary Behaviour in the Workplace**  
Contact Christine Spicer, Healthier Work, WorkSafe ACT, (02) 6207 1692, christine.spicer@act.gov.au or visit www.healthierwork.act.gov.au  
Cost: \$35
- 4 National Aboriginal and Islander Children's Day: Right Here, Right Now, Our Rights Matter!**  
For information, visit www.snaicc.org.au
- 5 – Homeless Persons Week: The Hidden Homeless**  
11 For information, visit www.homelessnessaustralia.org.au
- 6 Youth Housing and Homelessness Forum 9.30 – 10.30am**  
Contact Natalie Oliver, Youth Coalition of the ACT, (02) 6247 3540 or deputy@youthcoalition.net
- Generational Trends in Volunteering**  
Contact Cassie Morris, Volunteering ACT, (02) 6251 4060, customer.service@volunteeringact.org.au or visit www.volunteeringact.org.au  
Cost: \$30 – \$60
- 7 Engaging People to Talk about Problem Gambling Issues**  
Contact Alex Ingham, ACT Gambling Counselling and Support Service, (02) 6207 0305 or alexander.ingham@act.gov.au  
Cost: Free
- safeTALK**  
Contact Tricia Eldridge, OzHelp Foundation, (02) 6251 4166, ocs@ozhelp.org.au or visit www.ozhelp.org.au  
Cost: \$71.50 – \$93.50
- 8 Mental State Examination**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- What to Expect after Separation – Parenting Matters**  
Contact Jennifer Crawley, Legal Aid ACT, (02) 6243 3475 or jennifer.crawley@legalaidact.org.au  
Cost: Free
- 9 Children and Domestic Violence – What About Me?**  
Contact Sally Markham, Community Services Directorate, (02) 6207 1344 or visit www.dhcs.act.gov.au/home/community\_education  
Cost: Free
- Promoting Recovery**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- 10 – Youth Mental Health First Aid**  
11 Contact Dave Segal, Mental Health Intervention Skills Training, 0433 746 304, training@mhst.com or visit www.mhst.com  
Cost: \$220
- 12 International Youth Day**  
For information, visit www.un.org/en/events/youthday
- 12 – Accidental Counsellor**  
13 Contact Erica Freeman, Lifeline Canberra, (02) 6204 6402, training@act.lifeline.org.au or visit www.act.lifeline.org.au  
Cost: \$400 – \$450
- 14 Forum Series: Supporting Multicultural Young People in Education 12 – 2pm**  
Contact Taryn Morrison, Youth Coalition of the ACT, (02) 6247 3540 or taryn@youthcoalition.net
- Building Resilience to Disasters: CALD Workshop**  
Contact Sandy Gibbs, Australian Red Cross (Emergency Services), (02) 6234 7673, sgibbs@redcross.org.au or visit www.redcross-emergencyservices.eventbrite.com.au  
Cost: Free
- 15 Monthly Youth Coalition Forum 9 – 11am**  
Contact the Youth Coalition of the ACT, (02) 6247 3540 or info@youthcoalition.net
- Gender and Grief**  
Contact Tricia Eldridge, OzHelp Foundation, (02) 6251 4166, ocs@ozhelp.org.au or visit www.ozhelp.org.au  
Cost: \$50
- 15 – Applied Suicide Intervention Skills Training (ASIST)**  
16 Contact Erica Freeman, Lifeline Canberra, (02) 6204 6402, training@act.lifeline.org.au or visit www.act.lifeline.org.au  
Cost: \$315 – \$350

- 16 – Aboriginal and Torres Strait Islander Mental Health First Aid**  
17 Contact Canberra Institute of Technology Yuraua Centre, (02) 6207 3309, CIT.YurauaCentre@cit.edu.au or visit www.mhfa.com.au  
Cost: \$390
- 19 Reporting Child Abuse and Neglect**  
Contact Robyn, Community Services Directorate, (02) 6205 3839 or visit www.dhcs.act.gov.au/home/community\_education  
Cost: Free
- 21 Comorbidity Bus Tour – Tour B**  
Contact Kate Webb, Youth Coalition of the ACT, (02) 6247 3540 or kate@youthcoalition.net  
Cost: \$50 – \$70
- 22 What to Expect after Separation – Financial Issues**  
Contact Jennifer Crawley, Legal Aid ACT, (02) 6243 3475 or jennifer.crawley@legalaidact.org.au  
Cost: Free
- 22 – Child Development and Attachment: Impact from Early Years to Adulthood**  
23 Contact Centre for Community Welfare Training, (02) 9281 8822, ccwt@acwa.asn.au or visit www.acwa.asn.au  
Cost: \$400 – \$440
- 27 – MindMatters Level One Introductory Workshop (mental health)**  
28 For teachers and others working in school communities  
Contact Narelle Wickham, MindMatters, 0423 597 846, narelle.wickham@pai.edu.au or visit www.mindmatters.edu.au  
Cost: Free
- 29 Youth Worker Practice Network: Young people, Mental Health and the Online Environment 1 – 2.30pm**  
Contact Natalie Oliver, Youth Coalition of the ACT, (02) 6247 3540 or deputy@youthcoalition.net
- Cognitive Behaviour Therapy – Introductory**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- 29 – Accidental Counsellor**  
30 Contact Erica Freeman, Lifeline Canberra, (02) 6204 6402, training@act.lifeline.org.au or visit www.act.lifeline.org.au  
Cost: \$400 – \$450
- 30 Depression – Introductory Workshop**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- Recovery Planning**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- Expectations and Standardisation of Clinical Processes**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- Understanding Refugee Experience**  
Contact Glenn Flanagan, Companion House, (02) 6251 4550, glenn.flanagan@companionhouse.org.au or visit www.companionhouse.org.au  
Cost: Free
- 31 International Overdose Awareness Day: Prevention and Remembrance**  
For information, visit www.overdoseaday.com
- 3 Youth Housing and Homelessness Forum – Multicultural Focus 9.30 – 10.30am**  
Contact Natalie Oliver, Youth Coalition of the ACT, (02) 6247 3540 or deputy@youthcoalition.net
- 4 Comorbidity Bus Tour – Tour C**  
Contact Kate Webb, Youth Coalition of the ACT, (02) 6247 3540 or kate@youthcoalition.net  
Cost: \$50 – \$70
- 5 Cognitive Behaviour Therapy – Introductory**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- 5 – Applied Suicide Intervention Skills Training (ASIST)**  
6 Contact Tricia Eldridge, OzHelp Foundation, (02) 6251 4166, ocs@ozhelp.org.au or visit www.ozhelp.org.au  
Cost: \$260 – \$280
- 6 Borderline Personality Disorder**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free

## September

- 9 International Foetal Alcohol Spectrum Disorder Awareness Day**  
For information, visit www.fasday.com
- 10 World Suicide Prevention Day**  
For information, visit www.wspd.org.au
- Reporting Child Abuse and Neglect**  
Contact Robyn, Community Services Directorate, (02) 6205 3839 or visit www.dhcs.act.gov.au/home/community\_education  
Cost: Free
- 11 Building Resilience to Disasters: Older Persons Workshop**  
Contact Sandy Gibbs, Australian Red Cross (Emergency Services), (02) 6234 7673, sgibbs@redcross.org.au or visit www.redcross-emergencyservices.eventbrite.com.au  
Cost: Free
- 12 R U OK? Day**  
For information, visit www.rouday.com
- 12 – Accidental Counsellor**  
13 Contact Erica Freeman, Lifeline Canberra, (02) 6204 6402, training@act.lifeline.org.au or visit www.act.lifeline.org.au  
Cost: \$400 – \$450
- 12 & Cognitive Behaviour Therapy – Advanced**  
19 Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- 13 Fundamentals of Working Cross Culturally**  
Contact Glenn Flanagan, Companion House, (02) 6251 4550, glenn.flanagan@companionhouse.org.au or visit www.companionhouse.org.au  
Cost: Free – \$99
- Suicide Assessment**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- 16 Uncomfortable Conversations: How to Talk about the Elephant in the Room**  
Contact Centre for Community Welfare Training, (02) 9281 8822, ccwt@acwa.asn.au or visit www.acwa.asn.au  
Cost: \$200 – \$220
- 18 Impact Therapy in Group Work: Working with Vulnerable Communities, Offenders and their Families**  
Contact Andrew King, Institute of Group Leaders, 0437 546 560, info@groupworkslutions.com.au or visit www.igl.org.au  
Cost: \$200 – \$260
- Healthy Eating in the Workplace**  
Contact Christine Spicer, Healthier Work, WorkSafe ACT, (02) 6207 1692, christine.spicer@act.gov.au or visit www.healthierwork.act.gov.au  
Cost: \$35
- 19 Monthly Youth Coalition Forum 9 – 11am and AGM**  
Contact the Youth Coalition of the ACT, (02) 6247 3540 or info@youthcoalition.net
- 20 Schizophrenia**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- 20 – Aboriginal and Torres Strait Islander Mental Health First Aid**  
21 Contact Canberra Institute of Technology Yuraua Centre, (02) 6207 3309, CIT.YurauaCentre@cit.edu.au or visit www.mhfa.com.au  
Cost: \$350
- 21 International Day of Peace**  
For information, visit www.internationaldayofpeace.org
- 23 Understanding Young People from a Refugee Background**  
Contact Glenn Flanagan, Companion House, (02) 6251 4550, glenn.flanagan@companionhouse.org.au or visit www.companionhouse.org.au  
Cost: Free
- 24 Motivational Interviewing**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- 24 – Introduction to Disability and Sexuality**  
26 Contact Sexual Health and Family Planning Act, (02) 6247 3077, training@shfpact.org.au or visit www.shfpact.org.au  
Cost: \$195 – \$295
- 25 Comorbidity Bus Tour – Tour A**  
Contact Kate Webb, Youth Coalition of the ACT, (02) 6247 3540 or kate@youthcoalition.net  
Cost: \$50 – \$70
- Good Mental Health in the Workplace**  
Contact Christine Spicer, Healthier Work, WorkSafe ACT, (02) 6207 1692, christine.spicer@act.gov.au or visit www.healthierwork.act.gov.au  
Cost: \$45

- Working with Mental Health Consumers**  
Contact Rachel Wilke, Mental Health, Justice Health and Alcohol and Drug Services, (02) 6205 5137 or rachel.wilke@act.gov.au  
Cost: Free
- MindMatters: Teaching and Learning for Engagement (mental health)**  
For teachers and others working in school communities  
Contact Narelle Wickham, MindMatters, 0423 597 846, narelle.wickham@pai.edu.au or visit www.mindmatters.edu.au  
Cost: Free
- 26 – Accidental Counsellor**  
27 Contact Erica Freeman, Lifeline Canberra, (02) 6204 6402, training@act.lifeline.org.au or visit www.act.lifeline.org.au  
Cost: \$400 – \$450
- 27 Looking After the Helper: Preventing Vicarious Traumatization**  
Contact Glenn Flanagan, Companion House, (02) 6251 4550, glenn.flanagan@companionhouse.org.au or visit www.companionhouse.org.au  
Cost: Free
- Flexible Dates:**
- Quit Smoking Training Course for Health Professionals**  
Contact Cancer Council ACT, (02) 6257 9999, tobaccocontrol@actcancer.org or visit www.actcancer.org  
Cost: Free
- Smoking Cessation Training for Teachers/Youth Workers**  
Contact Bernadette Urack, Cancer Council ACT, (02) 6257 9999, Bernadette.urack@actcancer.org or visit www.actcancer.org  
Cost: Free
- Mental Health First Aid – Youth or Standard version**  
Contact Dave Segal, Mental Health Intervention Skills Training, 0433 746 304, training@mhst.com or visit www.mhst.com  
Cost: negotiable
- Throughout August and September:**
- Remaining Units from the Certificate IV in Alcohol and Other Drugs (for Registered Participants)**  
Contact the Alcohol, Tobacco and Other Drug Association (ATODA), (02) 6255 4070, info@atoda.org.au or visit www.atoda.org.au

## About the Training and Professional Development Calendar

The Training and Professional Development Calendar is produced bi-monthly by the Youth Coalition of the ACT in partnership with the Alcohol Tobacco and Other Drug Association ACT (ATODA) and the Mental Health Community Coalition ACT (MHCC ACT).

The purpose of the calendar is to raise awareness of training and professional development opportunities available to workers from the youth, alcohol, tobacco and other drug, mental health, family support, housing and homelessness and community sectors in the ACT and surrounding regions. For information or to include your training in the next calendar (October – November 2013), contact the Youth Coalition of the ACT on (02) 6247 3540 or kate@youthcoalition.net.

## Alcohol Tobacco and Other Drug Association ACT

The Alcohol Tobacco and Other Drug Association ACT (ATODA) is the peak body representing the alcohol, tobacco and other drug sector in the ACT.

ATODA provides leadership, representation, information, policy, research, and development activities to prevent and reduce the harms associated with alcohol, tobacco and other drugs.

For more information visit www.atoda.org.au or contact ATODA on (02) 6255 4070 or info@atoda.org.au.

## Mental Health Community Coalition ACT

The Mental Health Community Coalition ACT (MHCC ACT) is the peak body representing the not for profit Community Mental Health sector in the ACT.

Founded in 2004 the organisation promotes a diverse range of community agencies and local consumer and carer groups that support people recovering from a mental illness in the community. MHCC ACT works inclusively with all stakeholders to support the development of new community based services and promotes the interests of consumers, carers and not for profit community organisations.

For more information visit www.mhccact.org.au or contact MHCC ACT on (02) 6249 7756 or admin@mhccact.org.au.

## Youth Coalition of the ACT

The Youth Coalition is the peak youth affairs body in the ACT and is responsible for representing the interests of people aged between 12 and 25 years of age, and those who work with them.

The Youth Coalition is represented on many ACT Government advisory structures and provides advice to the ACT Government on youth issues as well as providing information to youth services about policy and program matters.

For more information visit www.youthcoalition.net or contact the Youth Coalition of the ACT on (02) 6247 3540 or info@youthcoalition.net.