

Carers Topics 2021

Every month a Free session is held for Carers who may be family members or friends of someone with a mental health illness. The sessions are designed to be partly educational but more importantly supportive. Supporting a loved one can be stressful and tiring process. Participants at the sessions find them to be useful when they realise they are not alone in how they are feeling.

The monthly session sometimes has a specific topic or are general in nature.

When:	Tuesday or Wednesday (See dates below)
Time:	5.00pm – 6.30pm
Where:	Mind Hub City, Level 1 / 175 Collins Street, Hobart.
Facilitators:	A variety of allied health professionals from the Hobart Clinic Program Team
Who can attend?	Open to any member of the public

Tuesday, March 9	Self Care – The importance of the Carer taking care	Anna Dimsey - Clinical Psychologist
Wednesday, April 14	Persistent Pain: Understanding persistent pain and the challenges it provides as a carer	Hannah Smith – Clinical Psychologist
Tuesday, May 4	A & D : The challenges of supporting someone with an Alcohol or Drug addiction	Dave Willans – Social Worker Facilitator of our A & D Treatment group
Wednesday, June 2	Caring for someone with Borderline Personality Disorder	Erin Bell - Clinical Psychologist
Tuesday, July 6	Bipolar : Understanding Bipolar Affective Disorder and challenges for carers	Jess Bowring – Clinical Psychology Registrar
Wednesday, August 4	The role of meaningful occupation in recovery and how to support loved ones to explore or engage	Susan Austin – Mental Health Occupational Therapist