

2020 GROUP PROGRAM SCHEDULE

SOUTH AUSTRALIA

MENTAL HEALTH FIRST AID

MT GAMBIER

Tuesday 28 July | 9:00am - 5:00pm

Two Day Workshop

MANAGING PAIN

ADELAIDE

Monday 3 August | 9:30am - 11:30am

Six Week Program

RELAXATION AND STRESS MANAGEMENT

ADELAIDE

Thursday 13 August | 9:30am - 4:30pm

One Day Program

OPERATION LIFE: ASIST

ADELAIDE

Wednesday 19 August | 9:00am - 5:00pm

Two Day Workshop

MENTAL HEALTH FIRST AID

ADELAIDE

Thursday 20 August | 9:00am - 5:00pm

Two Day Workshop

BUILDING BETTER RELATIONSHIPS

ADELAIDE

Tuesday 1 September | 9:00am - 5:00pm

Two Day Program

OPERATION LIFE: safeTALK

ADELAIDE

Tuesday 15 September | 9:00am - 12:00pm

Half Day Workshop

RESIDENTIAL LIFESTYLE MANAGEMENT

ADELAIDE HILLS

Sunday 20 September

Five Day Program

UNDERSTANDING ANXIETY

ADELAIDE

Thursday 15 October | 2:30pm - 4:30pm

Six Week Program

OPERATION LIFE: safeTALK

ADELAIDE

Thursday 29 October | 9:00am - 12:00pm

Half Day Workshop

STEPPING OUT

ADELAIDE

Wednesday 4 November | 9:00am - 5:00pm

Two Day Workshop

MENTAL HEALTH FIRST AID

ADELAIDE

Thursday 19 November | 9:00am - 5:00pm

Two Day Workshop

RELAXATION AND STRESS MANAGEMENT

ADELAIDE

Friday 4 December | 9:30am - 4:30pm

One Day Program

OPERATION LIFE: safeTALK

ADELAIDE

Tuesday 8 December | 9:00am - 12:00pm

Half Day Workshop



1800 011 046
OpenArms.gov.au

