

VVCS Group Programs in 2010
To Register Ring VVCS Group Program Co-ordinator on 1800 011 046

Program	Location	Date	Workshop/Program
RESIDENTIAL LIFESTYLE			
Veterans Residential Lifestyle Program - Sydney	Forresters Beach	Monday 10-14 May 2010	5 Consecutive days
Recent Veterans residential Lifestyle (include Sydney and Canberra)	Bowral	14/15/16 May 2010 and 4/5/6 June 2010	2 weekends – Friday night to Sunday
Recent Veterans Residential Lifestyle	To be advised	17/18/19 September and 16/17/18 October 2010	2 weekends – Friday night to Sunday
Veterans Residential Lifestyle Program (include Canberra, Sydney, Illawarra and Campbelltown Areas)	Berry	25 -29 October 2010	5 consecutive days
Veterans Residential Lifestyle Program (include Sydney and Newcastle)	Port Macquarie	18 – 22 October 2010	5 consecutive days
BUILDING BETTER RELATIONSHIPS			
Building Better Relationship Program	VVCS Parramatta	Tuesday 20 April– 8 June 2010	8 wks x 3hr session
ADF TRANSITION – STEPPING OUT			
Stepping Out	VVCS Parramatta	Thursday 6 & 7 May 2010	2 consecutive days
Stepping Out	VVCS Parramatta	Tuesday 7&8 Sept 2010	2 consecutive days
ANGER MANAGEMENT			
Doing Anger Differently	VVCS Parramatta	Starts Tues 22 June 2010	11 wks x 2 hr session
Doing Anger Differently	Illawarra	TBA	11 wks x 2 hr session
ANXIETY AND DEPRESSION			
Mastering Anxiety	Northern Beaches	Starts Thursday 3 June 2010	9 wks x 2 hr session
Mastering Anxiety	Illawarra	Starts Thursday 5 Aug 2010	9 wks x 2 hr session
Mastering Anxiety	Gosford	Starts Tuesday 12 Oct 2010	9 wks x 2 hr session
“Beating the Blues” - Depression	VVCS Parramatta	Starts Tuesday 22 July 2010	9 wks x 2 hr session
SLEEP AND RELAXATION			
Sleeping Better Program	VVCS Parramatta	Thursday 5 August 2010	8 wks x 2 hr session
ONE DAY REGIONAL WORKSHOP			
Concentration and Memory Workshop	Inverell	Friday 26 March 2010	1 day
Concentration and Memory Workshop	Port Macquarie	Friday 16 April 2010	1 day
Concentration and Memory Workshop	Gosford	Friday 18 June 2010	1 day
ALCOHOL MANAGEMENT			
Changing the Mix (Introduction)	VVCS Parramatta	Thursday 29 April 2010	1 day
OPERATION LIFE – SUICIDE AWARENESS			
Safe Talk	Central Coast	Tuesday 9 March 2010	½ day
OP Life Follow-up	Campbelltown	TBA	½ day
Safe Talk	Dubbo	TBA	½ day
Safe Talk	St Marys	TBA	½ day
Safe Talk	Illawarra	TBA	½ day
ASIST	Central Coast	TBA	½ day
NEW WORKSHOPS			
Mindfulness	VVCS Parramatta	Thursday 13 May 2010	1 day
Pain Management	Marriott Parramatta	Saturday 24 July 2010	1 day

Note:

These Programs can also be developed for your Centre on a date that suits you, if you can gather 15 people or more Talk with the Group Program Co-ordinator on 1800 011 046

TBA: To be advised