

Wellbeing Day Registration 2014

Closes Monday September 1st. Join us Saturday, September 6th, 2014.

Name: _____

Address: _____

Phone/s: _____

Email: _____

Can you provide a lift for those needing transport? _____

Can you provide a bed for out of town participants? _____

Do you need a lift to the event? _____

Morning workshops

1. Recovery Adventures – for all the family
2. Understanding the underlying issues behind addiction:
3. Eating issues and coping strategies to strengthen your healthy self
4. Network Development
5. How to Help Your Brain
6. Mental Health for Seniors
7. Mindfulness
8. Yoga – for Wellness and Balance
9. Minding your own Medications
10. Expressing our authentic heart
11. Energized Relaxation
12. “Keeping ‘community’ in our ‘community organisations’

Afternoon Workshops

13. Going deeper in our work
14. Changes in the mental health sector
15. Maintaining health and commitment in the face of challenges
16. Out of the office and into community – managing boundaries in our work
17. Mental health challenges for refugees
18. PATH
19. Working for Wellness
20. Food and its impact on our health and wellbeing
21. Shifting from using alcohol and other drugs as coping strategies to something more positive
22. Energized Relaxation
23. Anxiety
24. Mental health intervention and the role of police

Please write the no. of your 1st & 2nd AM & PM preference.

1st AM choice

2nd AM choice

1st PM choice

2nd PM choice

Fees: _____ \$90 (Professionals, organizations, waged participants)
_____ \$40 (Students)
_____ \$20 (See under ‘Special funds’ for subsidies for those who require mental health support and their carers).
_____ Volunteers

Please make cheque or money orders payable to: A Place To Belong.

Visa _____ Mastercard _____ Expiry Date _____
month | year (required)

Card Holder Name: _____

Card No: _____

Signature: _____

Questions? Contact 07 3217-2728 | registration@aplacetobelong.org.au
Please post form to: A Place to Belong, PO Box 5873, West End 4101

This registration is your official tax invoice, GST included.
Anglicare Southern Queensland ABN: 39 906 010 979