

## SOLDIER ON EVENTS AND PROGRAMS

### **St Kilda Football Club**

St Kilda Football Club have kindly invited Soldier On participants to take part in there Community Camp in February. This will be held on Tuesday 13th February, 1.15pm to 2.15pm.

Further details will follow once confirmed, however if you would like to express interest in this event please email [vic@soldieron.org.au](mailto:vic@soldieron.org.au).

### **PAST SOLDIER ON EVENTS AND PROGRAMS**

Last Wednesday Soldier On hosted it's first and very successful Spouses Morning Tea! We had 22 adults, only 6 of who had been involved with Soldier On before, and 8 children attended the morning tea.

The event allowed spouses to come together and chat about their shared experience in a relaxed environment. Two topics they have discussed in detail were employment and education opportunities, which Soldier On staff were only happy to assist with.

We look forward to hosting more Spouses Morning Teas in the future. For more information about upcoming events head to [http://bit.ly/SO\\_Calendar](http://bit.ly/SO_Calendar)

### **COFFEE CATCH-UPS**

Kilmore RSL invite all current and ex-serving national security personnel, their spouses and/or carers to attend their monthly coffee catch up.

This is held on the 1st Wednesday of every month at the Kilmore Memorial Hall, 14 Sydney Street, Kilmore VIC 3764.

The coffee catch up runs from 10am until 12pm.

## FUTURE COMMUNITY EVENTS

### **Gippsland Wellbeing Catch Up**

The Gippsland Wellbeing Catch Up for current and ex-serving national security personnel will be held at the Drouin RSL, 136 Princes Highway, Drouin on Thursday 25th January, from 7pm til 9pm.

You don't need to be suffering from a mental illness or injury to attend these catch up's. This is designed to be a group of like-minded people getting together to support one another. It is a great platform for building networks and to pick up some very helpful information along the way.

Future meeting dates are as follows:

Thursday 22nd February

Thursday 22nd March and

Thursday 19th April

For further information please email [ben.vahland@gmail.com](mailto:ben.vahland@gmail.com).

### **VVCS Group Programs**

Mastering Anxiety – Veterans, Partners & Families

10 Session program, Melbourne

Thursday evenings, 8th February through to 12th April from 6pm to 8pm

Mastering Anxiety is an educational and skills based group program assisting participants to better understand anxiety and factors that maintain it. The program aims to promote a sense of wellbeing through developing strategies to reduce anxiety and associated stress.

### **Communication and Conflict Resolution – Veterans, Partners & Families**

3 Day Workshop, Melbourne

Wednesday 21st February to Friday 23rd February from 9.30am to 4pm

The communication and conflict resolution program is an interactive psycho-educational and skills based group program designed to assist individuals to understand the nature of communication and conflict problems, and to provide participants with strategies and skills for managing communication and conflict.

### **Sleeping Better – Veterans, Partners & Families**

2 Day Workshop, Melbourne

Thursday 22nd March to Friday 23rd March from 9.30am to 4pm

Sleeping better is an educational and skills based group assisting participants to understand the sleep process and learn ways to reduce or eliminate factors detrimental to sleep and to introduce or enhance those beneficial to sleep.

### **Beating the Blues – Veterans, Partners & Families**

2 Day Workshop, Wodonga

Thursday 8th March to Friday 9th March from 9.30am to 4pm

Beating the blues is an educational and skills based group program assisting participants to understand the situations and thinking patterns that can contribute to depression, and to develop strategies to manage depression symptoms more effectively.

For more information on VVCS groups please visit [www.vvcs.gov.au](http://www.vvcs.gov.au).

If you have any questions or would like to know more please do not hesitate to contact me or email [vic@soldieron.org.au](mailto:vic@soldieron.org.au) to register for activities and events.

Kind Regards,

Rachel Byron

Program Officer



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