

Standing Beside You

Carer's Week 2015 Mental Health Forum

Invitation to family & friends who
provide support & care for someone
living with mental health issues

Tuesday

13 October 2015

9.30am – 3.15pm

**BRISBANE CONVENTION &
EXHIBITION CENTRE**

Boulevard Rooms 1,2,3

Enter Via Grey St
South Bank, Brisbane

Free of Charge

To register:

info@arafmiqlld.org

or

Phone: **3254 1881**

WHY YOU SHOULD COME:

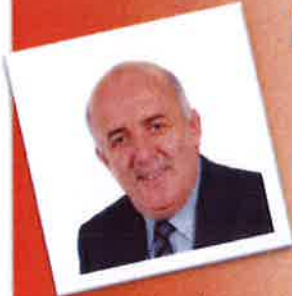
- Hear about the BIG PICTURE – who is standing beside you and how they can help
- *Enjoy a moving personal story in song by a prominent local singer/ songwriter*
- Join with other carers and industry professionals for a panel discussion highlighting the issues that affect you
- *Listen to powerful speakers who offer inspiration and fresh ideas to take away*
- Learn why keeping fun in your life is so important
- *Build and strengthen your social connections*
- Leave the forum with joy in your heart and the knowledge that you are not alone
- *Morning tea served on arrival & lunch is provided*

*Join us for a day of celebration, fun, recognition,
information & connection.*

P.T.O. ➔



Your Speakers



MC Ivan Frkovic
Deputy CEO Aftercare



Leah Cotterell
Singer Songwriter



Dr Lesley Van Schoubroeck
Commissioner QMHC



Dr Fran Dark
Acting Director of
Rehabilitation, Metro South



Toni Powell
Author, Speaker, Carer



Susan Brown
"Lighten Up" Specialist

Program

- 09.30am Registration, morning tea
- 10.00am **WELCOME ADDRESS**
MC Ivan Frkovic - Deputy CEO Aftercare
- 10.20am **HER STORY IN SONG**
Leah Cotterell - Singer / Songwriter
- 10.30am **THE BIG PICTURE IN CHANGING TIMES**
Dr Lesley Van Schoubroeck,
Commissioner QMHC
- 10.40am **PANEL TOPIC: WHO IS STANDING BESIDE YOU
AND HOW THEY CAN HELP CARERS**
*Please let us know when you register if you
have a question for the panel*
- 12.00pm Lunch with Food for Thought
information browsing tables
- 1.00 pm **SIMPLE WAYS TO KEEP STANDING: Toni Powell**
- 2.00 pm **STEP UP THE JOY FACTOR: Susan Brown**
- 3.00 pm **TAKE AWAY MESSAGES: MC Ivan Frkovic**

aftercare



Getting to the Forum



South Brisbane
Bus Stop



Russell Walk connects
pedestrians between
Merivale & Grey Street



South Brisbane
Train Station



Taxi drop off area at the
Grey Street entrance



Car Parks 2 & 3 are best for Grey
Street rooms via Russell Walk