## January

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Venue</th>
<th>Presenter</th>
<th>Cost</th>
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## February

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</tr>
</thead>
<tbody>
<tr>
<td>1st &amp; 8th</td>
<td>Intro to Mindfulness &amp; Self Compassion – 2 Day workshop</td>
<td>8:45-4:30pm</td>
<td>Ballarat.</td>
<td>John Julian</td>
<td>$100</td>
<td><a href="https://www.nwmh.org.au/western-cluster-training">https://www.nwmh.org.au/western-cluster-training</a></td>
</tr>
</tbody>
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## March

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</tr>
</thead>
<tbody>
<tr>
<td>21st</td>
<td>Clinical Supervision</td>
<td>8:45-4:30pm</td>
<td>Peninsula Health - Training Rm</td>
<td>John Julian</td>
<td>$50</td>
<td><a href="http://spppm-cf.med.monash.edu.au/southernsynergy/formcfm?workshop_id=2343">http://spppm-cf.med.monash.edu.au/southernsynergy/formcfm?workshop_id=2343</a></td>
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## April

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</table>

**All of LAMPS workshops are free unless otherwise stated**

### Weekly Mindfulness Sessions

- Every Wednesday
- Sacred Space, Dandenong Hospital
- Instructors (alternating):
  - Prof. Graham Meadows & Dr Fran Shawyer
  - Time: 2:30 – 3:00pm

### Targeted Workshop Requirements:

For these workshops participants are expected to undertake follow up reflection and provide brief summaries of their learnings to their work unit.
**May**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<th>Presenter</th>
<th>Venue</th>
<th>Cost</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Advanced Aged Mental Health</td>
<td>9:00am–4:30pm</td>
<td>LAMPS</td>
<td>Bunjil Place, 2 Patrick NE Dr, Narre Warren</td>
<td>$75</td>
<td><a href="https://shop.monash.edu/intermediate-aged-mental-health-conference.html">https://shop.monash.edu/intermediate-aged-mental-health-conference.html</a></td>
</tr>
<tr>
<td>13th</td>
<td>Community Development in Mental Health Practice</td>
<td>Registration from 9:15am for 9:30am start. The workshop will conclude by 4pm</td>
<td>Victorian Transcultural Mental Health</td>
<td>Dandenong ART Building, Conference room</td>
<td></td>
<td><a href="https://shop.monash.edu/community-development-in-mental-health-practice.html">https://shop.monash.edu/community-development-in-mental-health-practice.html</a></td>
</tr>
<tr>
<td>14th</td>
<td>Adolescent Development and the Impact of Substances ½ day</td>
<td>8:45 – 12:30pm</td>
<td>Southern Dual Diagnosis</td>
<td>SDDS, Level 1, Suite 1A, 314-326 Thomas St, Dandenong</td>
<td>$30</td>
<td><a href="mailto:sdds@monashhealth.org">sdds@monashhealth.org</a></td>
</tr>
<tr>
<td>16th</td>
<td>Mindfulness Self-Compassion</td>
<td>1:30 – 4:00pm</td>
<td>John Julian</td>
<td>Cranbourne Integrated Centre</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17th</td>
<td>Advanced Clinical Supervision</td>
<td>9:30 – 4:30pm</td>
<td>John Julian</td>
<td>Frankston Library, Community room</td>
<td></td>
<td><a href="https://shop.monash.edu/advanced-clinical-supervision.html">https://shop.monash.edu/advanced-clinical-supervision.html</a></td>
</tr>
<tr>
<td>18th</td>
<td>Occupational Therapy Study Day</td>
<td>9:00 – 4:30pm</td>
<td>LAMPS</td>
<td>Sandhurst Club, Clubhouse Lane, Sandhurst</td>
<td>$50</td>
<td><a href="https://shop.monash.edu/ot-study-day-2019.html">https://shop.monash.edu/ot-study-day-2019.html</a></td>
</tr>
</tbody>
</table>

**May (cont.)**

<table>
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<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>22nd</td>
<td>Working with people with a trauma history: Understanding neuroplasticity can help in everyday practice</td>
<td>9:30 – 4:30pm</td>
<td>Haley Peckham</td>
<td>Dandenong ART building, Meeting Rms 1 &amp; 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27th</td>
<td>Advanced Clinical Supervision</td>
<td>9:30 – 4:30pm</td>
<td>John Julian</td>
<td>Frankston Library, Community room</td>
<td></td>
<td><a href="https://shop.monash.edu/advanced-clinical-supervision.html">https://shop.monash.edu/advanced-clinical-supervision.html</a></td>
</tr>
</tbody>
</table>

**June**

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<tr>
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<th>Presenter</th>
<th>Venue</th>
<th>Cost</th>
<th>Register</th>
</tr>
</thead>
<tbody>
<tr>
<td>20th</td>
<td>Advanced Dual Diagnosis – 2 day workshop</td>
<td>8:45 – 4:30pm</td>
<td>Southern Dual Diagnosis</td>
<td>SDDS, Level 1, Suite 1A, 314-326 Thomas St, Dandenong</td>
<td>$100</td>
<td><a href="mailto:sdds@monashhealth.org">sdds@monashhealth.org</a></td>
</tr>
</tbody>
</table>

**Weekly Mindfulness Sessions**

Every Wednesday

Sacred Space, Dandenong Hospital

Instructors (alternating):

Prof. Graham Meadows & Dr Fran Shawyer

Time: 2:30 – 3:00pm

**Targeted Workshop Requirements:**

For these workshops participants are expected to undertake follow up reflection and provide brief summaries of their learnings to their work unit

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**Venue addresses**

<table>
<thead>
<tr>
<th>Cranbourne Integrated Centre</th>
<th>Dandenong Adult Mental Health ART building</th>
<th>Southern Dual Diagnosis Service (SDDS)</th>
<th>Peninsula Health Yuille St, Frankston</th>
<th>St Kilda Road Clinic Level 3 / 607 St Kilda Rd, Melbourne</th>
<th>Latrobe Regional Hospital</th>
<th>Bunjil Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>140 – 154 Sladen St, Cranbourne</td>
<td>126 – 128 Cleveland St, Dandenong</td>
<td>Suite 1A, 314-326 Thomas St, Dandenong</td>
<td>2 Patrick NE Dr, Cleeland St, Cranbourne</td>
<td>20 Washington St, Traralgon</td>
<td>2 Patrick NE Dr, Narre Warren</td>
<td></td>
</tr>
</tbody>
</table>
**July**

**Managing Vicarious Trauma**
- **Time:** 9:00am – 12.30pm
- **Presenter:** Southern Dual Diagnosis
- **Cost:** $30
- **Venue:** SDDS, Level 1, 314-326 Thomas St, Dandenong
- **Register:** [sdds@monashhealth.org](mailto:sdds@monashhealth.org)

**Harm Reduction (Alcohol & Other Drugs)**
- **Time:** 8:45 – 12.30pm
- **Presenter:** Southern Dual Diagnosis
- **Cost:** Free
- **Venue:** SDDS, Level 1, 314-326 Thomas St, Dandenong
- **Register:** [sdds@monashhealth.org](mailto:sdds@monashhealth.org)

**Managing Vicarious Trauma**
- **Time:** 9:00am – 12.30pm
- **Presenter:** Southern Dual Diagnosis
- **Cost:** $30
- **Venue:** SDDS, Level 1, 314-326 Thomas St, Dandenong
- **Register:** [sdds@monashhealth.org](mailto:sdds@monashhealth.org)

**Allied Health: Supported decision making. Working with carers**
- **Time:** 9:30 am – 4.30 pm
- **Presenter:** NEVIL
- **Venue:** Box Hill
- **Register:** [www.nevil.org.au](http://www.nevil.org.au)

**Single Session Family Consultation – 2 day workshop**
- **Time:** 9:00am – 4:30pm
- **Presenter:** Hannah Jewell, Bouverie Centre
- **Cost:** Free
- **Venue:** Nairm Marr Djambana: Frankston Aboriginal Gathering Place
- **Expression of interest:** afuller@phcn.vic.gov.au

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**August**

**An Introduction to Narrative Therapy Ideas with a Focus on Recovery and Trauma**
- **Time:** 9:30am – 4:30pm
- **Presenters in the morning:** Ann Fuller
- **Venue:** Dandenong Civic Centre
- **Cost:** $50
- **Register:** [https://shop.monash.edu/an-introduction-to-narrative-therapy-ideas-with-a-focus-on-recovery-and-trauma-august.html](https://shop.monash.edu/an-introduction-to-narrative-therapy-ideas-with-a-focus-on-recovery-and-trauma-august.html)

**Great Expectations: Where is the Good Life? (CONFERENCE)**
- A co-designed, coproduced and co-delivered conference that questions current expectations in mental health and how we can all contribute to understanding what a Good Life looks like.
- **Time:** 8:30 am – 4:30 pm
- **Presenter:** The Alfred
- **Venue:** St Kilda Town Hall, 99A Carlisle St, St Kilda
- **Register:** [D.Wilson@alfred.org.au](mailto:D.Wilson@alfred.org.au)

**Allied Health: Psychopharmacology for Allied Health.**
- **Time:** 9:30 am
- **Presenter:** NEVIL
- **Venue:** Box Hill

**Introduction to Dual Diagnosis**
- **Time:** 8:45 – 4:30pm
- **Presenter:** Southern Dual Diagnosis
- **Cost:** $50
- **Venue:** SDDS, Level 1, 314-326 Thomas St, Dandenong
- **Register:** [sdds@monashhealth.org](mailto:sdds@monashhealth.org)

**Relational Formulation to Understand Complex Young People**
- **Time:** 9:15 am – 12:00noon
- **Presenter:** ELMHS
- **Cost:** $40
- **Venue:** Atura Hotel, Dandenong
- **Register:** [https://www.trybooking.com/460988](https://www.trybooking.com/460988)

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**Targeted Workshop Requirements:**
For these workshops participants are expected to undertake follow up reflection and provide brief summaries of their learnings to their work unit

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**Venue addresses**

- **Cranbourne Integrated Centre**
  - 140 – 154 Sladen St, Cranbourne

- **Dandenong Adult Mental Health ART building**
  - 126 – 128 Cleveland St, Dandenong

- **Southern Dual Diagnosis Service (SDDS)**
  - Suite 1A, 314-326 Thomas St, Dandenong

- **Peninsula Health Yuille St, Frankston**
  - Level 3 / 607 St Kilda Rd, Melbourne

- **St Kilda Road Clinic**
  - 26 Clayton Rd, Clayton.

- **Latrobe Regional Hospital**
  - 20 Washington St, Traralgon

- **Bunjil Place**
  - 2 Patrick NE Dr, Narre Warren

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**Weekly Mindfulness Sessions**
Every Wednesday
Sacred Space, Dandenong Hospital
Instructors (alternating):
Prof. Graham Meadows & Dr Fran Shawyer
Time: 2:30 – 3:00pm

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**August (Cont.)**

**LAMS Mental Health & Speech Pathology Conference 1.5 days**
- **Time:** Monday– 8:30 – 4:30pm & Tuesday 8:30am – 12:00pm
- **Presenter:** Suzanne Lim, Senior Clinician Speech Pathologist
- **Venue:** Monash Medical Centre
  - 246 Clayton Rd, Clayton.
- **Translation Building**

**Mental State Examination (MSE)**
- **Time:** 8:45 – 12:30pm
- **Presenter:** Southern Dual Diagnosis
- **Cost:** $30
- **Venue:** SDDS, Level 1, Suite 1A, 314-326 Thomas St, Dandenong
- **Register:** [sdds@monashhealth.org](mailto:sdds@monashhealth.org)

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**Sept**

**Fundamentals of Supervision**
- **Time:** 8:45 – 4:30pm
- **Presenter:** Southern Dual Diagnosis
- **Cost:** $50
- **Venue:** SDDS, Level 1, Suite 1A, 314-326 Thomas St, Dandenong
- **Register:** [sdds@monashhealth.org](mailto:sdds@monashhealth.org)

**PULSAR: Recovery Oriented Practice – 2 day workshop**
- **Time:** 8:45AM for a 9am start. Concludes 4:30pm
- **Presenter:** LAMPS
- **Cost:** Free
- **Venue:** Comfort Inn (Dandenong), 124 Princes Highway, Dandenong
- **Register:** [https://shop.monash.edu/pulsar-recovery-oriented-practice-2-day-workshop-sept.html](https://shop.monash.edu/pulsar-recovery-oriented-practice-2-day-workshop-sept.html)

**Introduction to Motivational Interviewing - 2 day workshop**
- **Time:** 8:45 – 4:30pm
- **Presenter:** Southern Dual Diagnosis
- **Cost:** $100
- **Venue:** SDDS, Level 1, Suite 1A, 314-326 Thomas St, Dandenong
- **Register:** [sdds@monashhealth.org](mailto:sdds@monashhealth.org)
## October

### Mental Health First Aid
- How to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis. Course curriculum based on MFHA Guidelines (4th Edition)
- **Time:** 8:45 – 4:30pm
- **Presenter:** Southern Dual Diagnosis
- **Venue:** SDDS, Level 1, Suite 1A, 314-326 Thomas St, Dandenong
- **Register:** sdds@monashhealth.org

### An Introduction to Narrative Therapy Ideas with a Focus on Recovery and Trauma – (limit 16)
- **Time:** 9:30am – 4:30pm
- **Presenters in the morning:** Ann Fuller Discipline Senior Social Worker and Jonathan Sm Health-Intro and Practice
- **Presenters for a social work strategies in recovery of trauma:** Reece Boyd
- **Venue:** Kooyong Rd. CMMGT boardroom
- **Register:** https://shop.monash.edu/an-introduction-to-narrative-therapy-ideas-with-a-focus-on-recovery-and-trauma.html

### PULSAR: Recovery Oriented Practice – 2 day workshop
- **Time:** 8.45AM for a 9am start.
- **Concludes 8:45pm**
- **Presenter:** LAMPS
- **Cost:** Free
- **& Venue:** Quality Inn & Suites, 5601 Princes Highway, Traralgon
- **Register:** https://shop.monash.edu/pulsar-recovery-oriented-practice-2-day-workshop-oct.html

### A Foundation Training: Understanding and treating people with Borderline Personality Disorder
- This full-day, interactive workshop will provide mental health clinicians and related professionals with a solid, working understanding of the development of Borderline Personality Disorder, techniques to assist people with the condition when in crisis and the tools to work with risk.
- **Time:** 8:30AM for a 9am start.
- **Concludes 4:30pm**
- **Presenter:** Spectrum
- **Venue:** Quest Dandenong Central, 21 – Walker St, Dandenong

### November

### Trauma-Sensitive Yoga
- Some pre-reading is required to make up the 20hrs of content
- **Time:** 8:45am for a 9am start.
- **Concludes 5:30pm**
- **Presenter:** Kristen Pinkle
- **Venue:** Dandenong Central
- **Register:** https://shop.monash.edu/trauma-sensitive-yoga.html

### Gambling & mental health training
- **Time:** 8:30am – 4:30pm
- **Presenter:** Gambler’s Help Southern
- **Venue:** Caulfield Hospital - 260-294 Kooyong Rd, Caulfield
- **Register:** https://shop.monash.edu/gambling-and-mental-health-training-nov.html

### December

### Gambling & mental health training
- **Time:** 8:30am – 4:30pm
- **Presenter:** Gambler’s Help Southern
- **Venue:** Caulfield Hospital - 260-294 Kooyong Rd, Caulfield
- **Register:** https://shop.monash.edu/gambling-and-mental-health-training-dec.html

### Venue addresses

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- Instructors (alternating): Prof. Graham Meadows & Dr Fran Shawyer
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### Targeted Workshop Requirements:
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