

From: brain ambulance [deb@brainambulance.com.au]
Sent: Monday, 14 November 2011 8:21 PM
To: 'brain ambulance'
Subject: FW: Brain Matters Fortnightly News Nov 14th edition 7

From: brain ambulance [<mailto:deb@brainambulance.com.au>]
Sent: Monday, 14 November 2011 8:16 PM
Subject: FW: Brain Matters Fortnightly News Nov 14th edition 7

November 14th 2011 Fortnightly News Email Edition 7



MHFA IN ACTION – Brain Ambulance has proudly been involved with MHFA for 6

years. With Edition 2 rolled out in 2010, many clients have been asking for an update of the new elements. Of the huge number of people who have trained in MHFA with Brain Ambulance, (Deb ran 136 courses herself before engaging 7 new instructors), many have provided feedback that they would like the opportunity **to revisit and refresh the training**. We have created a half day workshop that allows participants to update, revisit, celebrate and reflect on their experiences of application. **MHFA IN ACTION** is run for 3hrs and 45 minutes in your workplace and is only for people who have previously completed the MHFA training. Please email deb@brainambulance.com.au for more information. We will be running a couple of

MHFA IN ACTION sessions for individuals who would not be able to access the workshop through their workplace. Please email your interest to participate and we will attempt to run with locations and dates suitable for all.

Pause for a Ponder – During some of my workshops I pose the question – “If money was not an issue and you were guaranteed 100% not to fail, what is one thing you would do in this life?” I usually say that I would take a stand up comedy show on the road with the theme of mental health. Next time you pause for a ponder, ask yourself what you would do....

Continuing Professional Development Points – Teachers – Did you know that Youth MHFA and MHFA can be completed to gain professional development hours! We can present the training in a variety of combinations including a Pupil Free day + a Saturday or over four nights.



Coming in 2012 – Keeping Sane® for Carers with Adult Children – Our **Keeping**

Sane® series is going from strength to strength. We will be rolling out several new Keeping Sane® Workshops in 2012 the first of which will be Keeping Sane® for Carers with Adult Children. This has been created in direct response to the number of people who are, in their mature years, finding themselves caring for adult children who have mental health issues. Please email deb@brainambulance.com.au for further information.

✓ **Definitely Recommended** – www.goodtherapy.com.au – I stumbled over this website and found it very well done. It gives advice about what you can look for and expect in a therapist and also gives a list of professionals in each state.

Please email 'unsubscribe' if you do not wish to receive this newsletter

See you in your inbox on Dec 1st for Brain Matters Edition 8

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