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

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

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@arafmiqld.org
or
Phone: 3254 1881

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

MC Ivan Frkovic  
Deputy CEO Aftercare

Leah Cotterell  
Singer Songwriter

Dr Lesley Van Schoubroeck  
Commissioner QMHC

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

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