

## Secretary

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**From:** Knights-Lewis, Natarsha <Natarsha.Knights-Lewis@dva.gov.au>  
**Sent:** Wednesday, 19 January 2022 07:05 PM  
**Subject:** Open Arm Brew Connections and Group Programs Update [SEC=OFFICIAL]  
**Attachments:** VIC Group Programs Jan-Jul 2022.pdf; Group Program Calendar ONLINE Jan-Jul2022.pdf

Good Afternoon All,

We were hoping to be back in February 2022 for our first Brew Connections, unfortunately with our current COVID restrictions and for everyone's health and safety we have decided to postpone and hopefully be back in March. We promise it will be with a bang and hope to share with you all some new and exciting ideas for this year.

In the meantime, I wanted to provide you with our Group Programs information for January to July, naturally this again is quite fluid with COVID restrictions and we will continue to plan as normal from March onwards, however will be monitoring the current situation on a monthly basis. The Wodonga Office local groups have not been impacted and we would certainly encourage people to be registering for any groups of interest that are noted in the calendar.

To meet people's needs Open Arms will continue to deliver programs online, and have increased the delivery of online group programs in response to the ongoing situation.

We are currently offering the following groups on Microsoft Teams as noted in the calendar attached:

- **Mental Health First Aid** (direct replacement to F2F)
- **Applied Suicide Intervention Skills Training (ASIST)** Refresher program – note you must have completed the 2day workshop previously to attend
- **Recovery From Trauma**
- **Understanding Anxiety**
- **Managing Pain**
- **Doing Anger Differently**
- **Sleeping Better**

If you, your family members or you have clients that you work with who may be interested in attending any of our groups (either online or F2F), please contact 1800 011 046 to seek group registration or head to our website [Online Groups Registration](#) and choose the relevant course and register your interest.

If you require support from the Wodonga Community and Peer Team please don't hesitate to reach out to myself, Terri or Sean and we would only be too happy to assist.

Regards  
Natarsha, Terri & Sean

**Natarsha Knights-Lewis**

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