



# Local Government Carers Grant supporting Yarrabah.

Dear Carers and Parents,

We are thinking of you as we travel through the second phase of lockdowns and uncertainty. Isolating, mask wearing, remote learning and increase in positive cases have been concerning and overwhelming for many.

We are aware that support at this time is pertinent and are providing two online support groups facilitated by a psychologist starting on Tuesdays and Fridays in August. Each group will commence at 11am and run for 90mins, and will be limited to 8 participants.

Psychologist: Mary Ingamells MBA  
MAPS COP GAICCDirector Anchor  
Consulting Pty Ltd - also trading as  
Insight Psychology Bayside



Mary is an experienced psychologist, coach and organisational consultant with a counselling and coaching practice in Highett. She has extensive experience in human resources, organisational change and leadership and culture development. Mary's interest is to facilitate the development of individuals, couples and families and to contribute to helping them find their best way forward. She aims to help clients develop strengths and strategies to deal with current issues and to create positive and lasting change. Mary creates a space for clients to build their inner resources, gain new perspectives and the opportunity for greater possibilities, helping them discover ways to optimise their potential. Her values include compassion, equality and integrity.

Goals for the Groups are:

- Provide education for participants;
- Provide the opportunity for participants to share their experience, gain support and learn from each other;
- Provide the opportunity for the participants to introduce areas of discussion; and
- Introduce and discuss strategies to optimize participants lives and the lives of those they care caring for.

For more information go to





All sessions will be on Webex and links will be provided.

**Session 1: Introductions, Understanding Complex Grief, Stages of Grief.**

Opportunity for discussion and sharing experiences. Mindfulness Technique

**Session 2: Dealing with Guilt, Anger and Disappointment, Stigma and Shame,**  
Opportunity for discussion and sharing Experiences, Mindfulness, and Relaxation  
Technique

**Session 3: Developing Resilience, Stress Management, Carer Fatigue, Mindfulness**  
and Relaxation Technique

**Session 4: Communication and Assertiveness Skills, Ability to Reframe Situations,**  
Mindfulness and Relaxation Technique

Please complete this [Registration Form](#). The information you provide will inform what content is delivered in each session.

**To Register contact reception on 9580 0384 or email  
[christine.battams@education.vic.gov.au](mailto:christine.battams@education.vic.gov.au)**

Disclaimer: Every effort will be made to place participants in their preferred booking time. Participants will be allocated according to primary and senior sections in order to target their specific needs. The course will cease if special schools go into remote learning and will recommence once students are back on site.