

**HARVESTING HOPE ACROSS THE LIFESPAN
CARER FORUM PROGRAM
31st August 2004**

**Starting in CENTRAL ROOM A
Then moving to CENTRAL ROOM C**

This year each session, both of Consumer Day and of Carer Day, will include reference to indigenous issues, in Australia, New Zealand and elsewhere. Your thoughts, stories, insights and full participation is welcomed and would be very much appreciated.

9.30 - 10.00am *Opening Ceremony*

MC - John Hunting

10.00 - 11.00 *"This is Our Life"*

This interactive session is your chance to share with delegates stories of acceptance and recovery, small and large miracles, new initiatives and techniques for coping, and any positive thoughts or experiences you may have. It's a time for getting to know one another and discovering new ways of working together to improve the lives of each other and of those for whom we care...

Presenters include Gavin Bird, Jenny Mackellin, Margaret Lewry, Bodel Cork, Danielle Hurda, Jan Kealton

11.00 - 11.30 *Morning Tea*

11.30 - 12.30 *"This is Our Life"*

Sharing some thoughts on coping strategies for carers and allowing plenty of time for questions from the floor.

12.30 - 2.00 *LUNCH*

2.00 - 3.30pm *"Recognizing, understanding and embracing guilt in family response to mental illness".*

Robert Bland shares his thoughts on this extremely elusive, almost taboo subject, which sneakily invades the thoughts of every family member who hears that a loved one has been diagnosed with a mental illness...

Prof. Robert Bland, Uni. of Tasmania

3.30 - 4.00 *Afternoon Tea*

4.00 - 4.30 *Closing Ceremony*

Other conference events of interest on Tuesday evening:

6.00 *Opening of Art Exhibition*

6.30 *Films*