

Canberra Institute  
of Technology

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All our courses are for  
family or unpaid carers, not  
for staff, and there are no  
course fees.

Provided with assistance  
from the ACT Government,  
Community Assistance  
Support Program (CASP).

This is non-accredited  
training.

### **Welcome to 2023 and welcome back to another year of CIT Skills for Carers!**

Let's welcome 2023 with happiness, joy, and aspiration. CIT Skills for Carers extends wishes that the New Year will give you plenty of reasons to find a little happiness every day. We hope that your year is filled with wonderful days that are packed with laughter and bliss.

This semester, Hatha Yoga and Healthier Carers are continuing every week at Kaleen Community Hall, Kaleen. Dru Yoga is continuing every Wednesday at Weston Creek Community Centre. We are introducing Mini Yoga Retreats specific for Carers, Nutrition and Health and Creative Sessions.

This semester, CIT Skills for Carers continues to encourage carers to take time to care for themselves. We encourage carers to take advantage of our courses. All courses are delivered by facilitators with years of experience which may assist you in your carer role.

Please note that all courses require booking. CIT Skills for Carers reserve the right to cancel courses due to insufficient numbers oh»

## CIT Skills for Carers Planner

Semester 1 dates: 6 February 2023 – 23 June 2023

Term Break: 7 April 2023 - 25 April 2023

Courses starting in the month of:

### March

**Dru Yoga** – commencing 10 February for the semester on Wednesday at 12-1:30pm – Weston Creek Community Centre - Hall

**Healthier Carers** – commencing 30 January for the semester on Mondays at 9:30-10:30am and Fridays at 12-1pm – Kaleen Community Hall, 28 Georgina Crescent, Kaleen

**Hatha Yoga** – commencing 30 January for the semester – 10:30 – 11:30am - Kaleen Community Hall, 28 Georgina Crescent, Kaleen

**Aromatherapy Wellness session** – Friday 10 March, 10am-2pm – Weston Creek Community Centre, Meeting room 1

**Mini Yoga Retreat for Carers** – Monday 20 March, 10am-2pm – Weston Creek Community Centre, Meeting room 1

**Mindfulness** – Friday 24 March, 10am-2pm – Weston Creek Community Centre, Meeting room 1

**First Aid Basics Workshop** – Thursday 30 March, 10am-2pm – Weston Creek Community Centre, Meeting room 1

### April

**Creative Paint session** – Monday 3 April, 10am-2pm – Weston Creek Community Centre, Meeting room 2

### May

**Strength and Conditioning Training** – Thursday 4 May, 11:30am-2pm – Weston Creek Community Centre, Meeting room 1

**Meditation** – Friday 12 May, Weston Creek Community Centre, Meeting room 1

**Herbal tea workshop** – Thursday 18 May, Weston Creek Community Centre, Meeting room 2

### June

**Sleep Hygiene Workshop** – Thursday 1 June, 10am-2pm – Weston Creek Community Centre, Meeting room 1

**Strength and Conditioning Training** – Friday 9 June, 11:30am-2pm – Weston Creek Community Centre, Meeting room 1

**Restorative Yoga** – Friday 16 June, 10am-2pm – Weston Creek Community Centre, Meeting room 1

**Mental Health First Aid** – Monday 19 June, 10am-2pm – Weston Creek Community Centre, Room 1

**Courses end – Friday 23 June 2023**

Please note: all courses *exclude* public holidays and semester break.



## CIT Skills for Carers: What it's all about?

CIT Skills for Carers has been successfully providing flexible training for family carers in the ACT since 1995. By carers, we mean family and friends of a frail older person or a person living with a disability, chronic illness, or mental health issues. These are people involved in an unpaid capacity in the many aspects of supporting someone to live as independently as possible. Training is available through short courses, workshops or on an individual basis. There are no fees for this training.

CIT Skills for Carers is managed by the CIT Fit & Well Team, within the CIT Health, Community and Science College. Funds for this training come from ACT Health Directorate. All trainers with CIT Skills for Carers have professional qualifications in a health-related field, experience in working with families and empathy, if not personal experience, with family carers. Through annual planning, review, and networking with community services, carer training is planned. Feedback and input from carers and community services are always welcomed.

## CIT Skills for Carers Trainers

**Claire Connelly** is the founder and sole entrepreneur of Yoga and Wellness Canberra. She is a certified Yoga Instructor and Holistic Wellness Coach. For over 6 years Claire has been coaching her students to explore what being well feels like in their bodies. Claire's passion is to create deeply nourishing events where participants can relax, learn, and take time out for themselves.

**Indya Quinton-Schroer** is a qualified gym instructor and personal trainer at the CIT Fit & Well Gym. Indya is familiar with leading group classes and training clients one-on-one. Indya has delivered the Healthier Carers program for over two years.

**Robyn Harris** discovered Dru Yoga over 20 years ago and immediately loved its flow and joyfulness, and its ability to accommodate my health challenges. Robyn has been teaching yoga since 2001 and enjoy adapting classes to support whoever is attending. Parenting a child with special needs herself, she is in awe of the courage and resilience of the many amazing carers she has met through the Skills for Carers programs, and tries to provide yoga classes that will honour, nurture and revitalise participants.

**Suzannah Salojarvi** is a mother, former schoolteacher, and a strong believer in the healing benefits of yoga for mind, body, and spirit. She is trained in a range of yoga styles from vinyasa flow, gentle hatha, yin, pre-natal and meditation. As a former carer of 20 years, she is especially passionate about making yoga inclusive and accessible to all, especially to other carers.

**Sarah Nuttridge** is a Registered Yoga Teacher, Yoga Therapist, Accessible Yoga Ambassador and Thai Yoga Massage Practitioner based in Canberra, in the Australian Capital Territory. To learn about why Sarah started practicing yoga and eventually became a teacher, read her story on her website.

**Romano Gaspardis** a retired engineer and 64 years young. He holds a completed Certificate III in Fitness and is currently studying for his Certificate IV. Having always been active, following ankle reconstruction he discovered strength and conditioning training. It was like discovering a magic pill for improving his quality of life and is ready to bring these tools to share with you all and impart the knowledge to improve your health while caring. I hope my sessions will give you the tools you need to minimise the chance of injury and improve your quality of life.

**Annika Dash** is trained in various yoga styles including vinyasa flow, core, restorative and meditation and mindfulness. Annika believes in the healing power of yoga and feels very fortunate to be able to share the joy and many benefits of yoga with her students. She aims for her classes to be inclusive, welcoming, and calming.

## SHORT COURSES IN SEMESTER 1, 2023

### Healthier Carers – Physical Activity program

CIT Fit & Well is pleased to offer a program that is designed to improve the health and wellness of carers through physical activity sessions. Classes run twice weekly, starting slowly, and building up to the level you are comfortable with. Classes are conducted in a safe and supportive environment and include aerobic and resistance style training. Age is no barrier to participating in the program which is designed to meet your personal needs and can be modified according to your level of fitness and capabilities. To ensure safety and ongoing good health during the program, participants will require medical clearance from their general practitioner to participate.

<b>Facilitator:</b>	Indya Quinton-Schroer
<b>Date:</b>	Every Monday and Friday for the semester (excluding the semester breaks)
<b>Time:</b>	Mondays at 9:30-10:30am and Fridays at 12-1pm
<b>Venue:</b>	Kaleen Community Hall, 28 Georgina Crescent, Kaleen
<b>To Register:</b> (02) 6207 3628 or carerskills@cit.edu.au	

### Gentle Hatha Yoga

This class takes a gentle, progressive approach to Hatha Yoga so that participants may modify the postures to suit them and their abilities. The class begins slowly with an emphasis on posture and breathing, then moves on to a series of classical yoga poses and sequences. The last 10 minutes of class is dedicated to relaxation and meditation, leaving participants feeling calmer and able to think with greater clarity.

<b>Facilitator:</b>	Suzannah Salojarvi
<b>Date:</b>	Every Monday for the semester (excluding the semester breaks)
<b>Time:</b>	10:30-11:30am
<b>Venue:</b>	Kaleen Community Hall, 28 Georgina Crescent, Kaleen
<b>To Register:</b> (02) 6207 3628 or carerskills@cit.edu.au	

## First Aid Basics Workshop

This First Aid Basics workshop is the guide to giving

### Dru Yoga

Dru Yoga is designed to be practised by people of all abilities, all fitness levels, and all age groups. It improves strength and flexibility, increases core stability, builds mindfulness, self-compassion, and a heightened feeling of positivity. The last 30 minutes of class includes a deep relaxation and mindfulness meditation.

<b>Facilitator:</b>	Robyn Harris
<b>Date:</b>	Every Wednesday for the semester (excluding the semester breaks)
<b>Time:</b>	12-1:30pm
<b>Venue:</b>	Weston Creek Community Centre, Hall
<b>To Register:</b> (02) 6207 3628 or <a href="mailto:carerskills@cit.edu.au">carerskills@cit.edu.au</a>	

### Mindfulness

In this workshop we will discuss what mindfulness is, the benefits and how to incorporate it into your daily life. We will explore different mindfulness techniques to find a practice that works for you. This workshop is a mixture of seated learning and physical practice. A handout will be provided on the day. Please bring with you a yoga mat, pillow, bath-sized towel, blanket, and any yoga props you may have.

<b>Facilitator:</b>	Annika Dash
<b>Date:</b>	Friday 24 March 2023
<b>Time:</b>	10am-2pm
<b>Venue:</b>	Weston Creek Community Centre, Room 1
<b>To Register:</b> (02) 6207 3628 or <a href="mailto:carerskills@cit.edu.au">carerskills@cit.edu.au</a>	

## Restorative Yoga

Join us for this relaxing and rejuvenating session. We will explore the benefits of restorative yoga and how you might add this style of practice into your life. We will then experience 90 minutes of restorative yoga followed by a guided relaxation, leaving you in a deeply relaxed state. Please bring with you a yoga mat, pillow, bath-sized towel, blanket, and any yoga props you may have. Some props will also be supplied on the day.

<b>Facilitator:</b>	Annika Dash
<b>Date:</b>	Friday 16 June 2023
<b>Time:</b>	10am-2pm
<b>Venue:</b>	Weston Creek Community Centre, Room 1
<b>To Register:</b> (02) 6207 3628 or <a href="mailto:carerskills@cit.edu.au">carerskills@cit.edu.au</a>	

## Mental Health First Aid Workshop

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CIT Health, Community and Science  
Canberra Institute of Technology