



1300 259 724

Mental Health Charity  
Services & Training

Training Calendar  
Jun - Dec 2026

The Sunlight Centre delivers evidence-informed, practical & research based mental health training led by practising & experienced mental health clinicians

## ***Make 3-Hours Matter***

Every 3 hours in Australia, a life is lost to suicide

Book training that makes a real difference in your workplace and community

### **Practical training. Real-world tools. Community impact.**

The Sunlight Centre delivers expert-led mental health training grounded in frontline counselling experience, suicide prevention practice, and practical psychoeducation. Our workshops are designed to give participants tools they can use immediately; at work, at school, in community settings, and in professional practice.

We deliver training from **the Sunlight Centre Support & Training Room in Morningside**, with private bookings also available at your workplace, school, organisation, or community location.

### **Supporting Organisations Across the Following Sectors**

- Corporate & Workplace
- Schools, Education, Youth
- Professional Development for Practitioners (Psychology, Counselling & Social Work)
- Community

### **Our Expertise**

- Psycho-social education
- Mental Health Awareness & Wellbeing
- Frontline clinical crisis experience
- Suicide prevention & early intervention
- Trauma-informed and resilience-based practice

### **Why Choose Sunlight Centre Training?**

All of The Sunlight Centre training is developed and delivered by experienced mental health clinicians creating workshops are practical, relevant, and grounded in real human experience not just theory.

#### **Our training supports:**

- Mental health awareness and early intervention
- Psychosocial WHS responsibilities
- Safer and more confident workplace conversations
- Leadership confidence when responding to staff distress
- Community education and stigma reduction
- Professional development for counsellors and helping professionals

For workplaces, our scheduled training calendar also gives organisations a practical way to support ongoing staff training. Rather than waiting until you have enough staff to book a private workshop, your organisation can send new employees, leaders, or team members to scheduled Sunlight Centre sessions throughout the year.

**By choosing Sunlight Centre training, your organisation is also helping fund our free face-to-face crisis counselling services for young people and adults experiencing suicidal and self-harm distress in our shared community.**



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## Mental Health Charity Services & Training

### Training Calendar Jun - Dec 2026

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#### Training Calendar June - December 2026

Date	Time	Workshop	Audience
Wed 3 Jun	5:30pm – 8:30pm	<b>Make 3 Hours Matter</b>	Open / Community
Thu 11 Jun	9:00am – 12:00pm	<b>Mental Health in the Workplace</b>	Workplace / Leaders
Wed 17 Jun	5:30pm – 8:30pm	<b>Introduction to Anxiety</b>	Open / Community
Fri 26 Jun	9:00am – 12:00pm	<b>Understanding Anxiety Disorders</b>	Practitioner PD
Wed 1 Jul	5:30pm – 8:30pm	<b>Make 3 Hours Matter</b>	Open / Community
Thu 9 Jul	9:00am – 12:00pm	<b>Psychosocial WHS: Foundations</b>	Workplace / Leaders
Wed 15 Jul	5:30pm – 8:30pm	<b>Conflict to Connect</b>	Open / Community
Fri 24 Jul	9:00am – 12:00pm	<b>Working with At-Risk Clients</b>	Practitioner PD
Sat 25 Jul	9:00am – 12:00pm	<b>Safe Minds, Safer Roads</b>	Free Community Workshop

#### Booking Options

**Group bookings at Sunlight:** Book places for your team, workplace, community group, or organisation at our Support & Training Room in Morningside.

**Individual bookings:** Attend one of our scheduled open training sessions at the Sunlight Centre.

**Training at your location:** Private group training can also be delivered at your workplace, school, organisation, or community venue by request.

**Costs:** contact us for individual and group rates

Location: **Sunlight Centre Support & Training Room, Morningside**

Phone: **1300 259 724**

Website: **[www.sunlightcentre.com.au](http://www.sunlightcentre.com.au)**



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## Make 3-Hours Matter

### Mental Health Seminars

#### Make 3-Hours Matter

In three hours, people can learn skills that may help change the direction of someone's life.

Attendees will learn how to recognise emotional distress, understand suicide and self-harm risk in a practical way, and build confidence in responding to someone who may be struggling. The session focuses on self-awareness, emotional regulation, safer conversations, and simple real-life tools people can use at work, at home, and in the community.

#### Introduction to Anxiety Disorders

Anxiety is the most common mental illness in Australia, yet it is the most under-explored and under-explained to our Youth and Community.

Attendees will learn how anxiety affects thoughts, emotions, behaviour and the body, and how certain engagements can accidentally make anxiety stronger. The session gives practical tools to identify anxiety types (11 and 2 sub-types!), respond to each one specifically, and support others without dismissing or feeding the anxiety cycle.

#### Safe Minds, Safer Roads

Road rage is rarely just about traffic, it is what happens when reactions get behind the wheel.

Participants will learn how our personal triggers bring up anger, anxiety, and frustration which in turn can affect driving behaviour, decision-making and safety on the road. This session provides practical emotional regulation tools to help drivers pause, reset, manage triggers, and respond more safely in stressful driving situations.

#### Conflict to Connect - Practical conflict resolution seminar

You are in charge of something very important in any conflict... yourself. Most conflict does not explode because of one comment, it builds from our beliefs being triggered in that moment.

Attendees will learn how conflict escalates, why communication breaks down, and how to respond before conversations become impactful. The session builds real-life skills in listening, emotional regulation, de-escalation, respectful communication, and turning difficult conversations into opportunities for clarity and connection.

#### WHS Psycho-social Foundations

Psycho-social claims now double that of physical WHS claims in QLD Workplaces.

Participants will explore both the Organisational filter and Personal filter when it comes to engaging in the workplace while being aware of psychological Hazards and Risks that can affect you and your team. Leaders of all levels are welcome.

The session provides practical tools for early identification, safer conversations, supportive leadership, and building healthier team environments.

#### Trauma-Informed Practice

Trauma is subjective, so how can families, workplaces and community groups identify when someone may need support with trauma? Participants will learn how trauma can affect behaviour, trust, emotional regulation, relationships and engagement. The session provides practical tools to create safer interactions, reduce re-traumatisation, recognise trauma responses, and respond to distress with greater consistency, clarity and care.

#### Sunlight's Universal Modules

- No matter what sector you are in, you can add some of our Universal modules such as:
- Active Listening Skills
- Dealing with a Mental Health Crisis Situation in the workplace
- Trauma-informed practice for your sector.

#### Sunlight's Sector Specific Modules

- Your organisation is unique, so should your mental health training.
- You can add on one or more of Sunlight's Sector specific modules, or consult with us to create bespoke modules.
- See Page 2 or contact us to learn more.

## Supporting the mental health across these sectors

### Corporate & Workplace

- WHS Psychosocial compliance training
- Resilient Team (from Vols to the Board)
- Conflict & Communication
- Trauma-Informed practice

### Community Programs

- Suicide Awareness & Prevention
- Community specific Programs
- Small Business MH support
- Parent support workshops

### Schools & Education

- TALKs - Youth Peer Support Program
- Family Focused 'Conflict to Connect'
- Youth Resilience & Emotional Regulation
- Staff & Leadership mental health training

### Professional Development

- Clinical Skills Development Workshops
- Advanced Suicide & NSSI Risk Assessment
- Anxiety: assessment & treatment
- Group supervision Sessions

### Skills & Tools Participants Leave With

- ~ Increased self-awareness & emotional intelligence ~
- ~ Practical tools & confidence in supporting people in mental health crises ~
- ~ Real World skills to support themselves ~ Understanding of mental health in Australia today ~
- ~ Cert of completion ~

### Organisational Impact You Will See

- ~ Stronger psychological safety in the workplace ~ Clearer early intervention pathways ~
- ~ Shared mental health language across the organisation ~ Support for psychosocial WHS duties ~
- ~ Reduced conflict escalation ~ A workforce that feels more confident around mental health ~

### Flexible Delivery Options

- Half-Day Workshops
  - For Base Workshop
- Full-Day Workshops
  - Extension of Base workshop & additional Modules
- Multi-Day Modular Programs
  - Can be run after initial Base training complete
- Location
  - At Your Organisation or at The Sunlight Centre
- Licenced MHFA & YMHFA Trainer
  - MHFA face to face
  - YMHFA Blended Online option

**Strengthen your people. Reduce risk. Build a mentally healthier organisation.**

**Contact Sunlight to design a tailored training solution aligned to your sector, workforce and current challenges.**

### Enquiries & Bookings

Ken Loftus  
CEO & Clinical Director  
✉ info@sunlightcentre.com.au  
☎ 0428 228 462

🌐 [sunlightcentre.com.au](http://sunlightcentre.com.au)  
📍 Brisbane, QLD

### Core Mental Health Workshop

A practical, engaging 3-hour workshop that builds self-awareness, capability and confidence.

#### What This Workshop Covers

- Sunlight's Insight Therapy Model
  - Sunlight's own therapy model, that guides participants to increase self-awareness, understand their personal mental health patterns, and recognise early signs & symptoms of mental health concerns in colleagues, volunteers, clients and peers.
- Current Mental Health Landscape
  - Overview of the latest Australian mental health statistics and clear explanations of the most common issues affecting people today, including anxiety, depression, & stress.
- Practical Active Listening Skills
  - Learn simple, effective communication strategies that support others safely and confidently in day-to-day interactions.
- Tools for emotional regulation & supporting emotional intelligence.
- Techniques for managing stress, reducing escalation, increasing clarity, and strengthening healthy workplace engagement.

### Make 3-Hours Matter... today\*

A practical, engaging 3-hour workshop that builds self-awareness, capability and confidence.

### Sunlight Centre Mental Health Training Investment

- Sunlight Centre's Core 3-Hour Mental Health Training
  - \$1,500 (+GST)
- Add One Universal or Sector Specific Module (additional 3-Hours)
  - \$1,300 (+ GST)
- Add Two or more Universal or Sector Specific Module (Turning 1-Day of training to 2 or more)
  - \$1,200 (+ GST) each
- Up to 20 participants - with options of accomodating larger groups.
- Delivered on-site or at the Support & Training room at the Sunlight Centre, Thynne Road, Morningside.
- The Sunlight Centre is also Licenced to deliver Standard Mental Health First Aid and Youth MHFA - Priced separately

### \*Why 3-Hours?

Every 3 hours someone; a father, mother, brother, sister, friend, co-worker, take their life in Australia.

Book a 3-Hour mental health workshop today so your Team can gain valuable skills and practical tools to help their own mental health and how to support those around them.

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