



1300 259 724

Mental Health Charity
Services & Training

Training Calendar
Sept 2026 - March 2027

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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Date	Time	Workshop	Supported / Sponsored by
Thurs 3rd Sept	6:00 pm – 9:00pm	Make 3-Hours Matter	QLD Government – Dept of Justice
Sat 3rd Oct	9:00am–12:00pm	Safe Minds, Safer Roads	Transurban Grants
Wed 11th Nov	9:00am–12:00pm	Make 3-Hours Matter	QLD Government – Dept of Justice
Thurs 3rd Dec	6:00 pm – 9:00pm	Make 3-Hours Matter	QLD Government – Dept of Justice
Sat 23rd Jan	9:00am–12:00pm	Safe Minds, Safer Roads	Transurban Grants
Thurs 11th Feb	6:00 pm – 9:00pm	Make 3-Hours Matter	QLD Government – Dept of Justice
Sat 6th March	9:00am–12:00pm	Make 3-Hours Matter	QLD Government – Dept of Justice

Booking Options For Make 3-Hours Matter Workshops:

<https://events.humanitix.com/make-3-hours-matter>

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

Phone: **1300 259 724**

Website: 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.

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.

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.

The Safe Minds, Safer Roads workshops are in thanks to the grant from Transurban

Booking Options For Safe Minds, Safer Roads:

Scan the QR Code

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

Phone: **1300 259 724**

Website: **www.sunlightcentre.com.au**

