

Carer Information Sheet

Education Events

Arafmi offers free workshops and information sessions to help mental health carers build skills, gain knowledge and feel more confident in their caring role.



Overview

Workshops and information sessions are available online and in person at our Carer Hub in Teneriffe (Brisbane).

As a Queensland-based service, our sessions focus on support options available in Queensland. Some content may not apply to carers living interstate or overseas.



View your tickets

Your ticket from Eventbrite will be emailed to you after registration – check your junk folder.

If you are asked to sign into Eventbrite – enter your email address and click **'Sign-in with a one-time code.'** Check your email for the code, enter it and click the red **'Submit'** button.



How to register

You can find a full list of upcoming events on our website:



arafmi.com.au/events



Need help?

Please contact us for help or questions:



carersupport@arafmi.com.au



[1300 554 660](tel:1300554660) or [1800 351 881](tel:1800351881)
(for regional Queensland).

Steps:

1. Click on the name of the session (on our website) you'd like to attend.
2. A registration form will appear on the same page (this is through Eventbrite).
3. Click the red **'Register'** button
4. Fill in your contact details, then click the red **'Register'** button again.
5. Answer a few extra questions (these help us improve our services).
6. Click the red **'Complete Order'** button.



Important Info for Online Sessions



Safety and security

To help make our online sessions safe and welcoming for everyone, we've introduced new safety measures. These help protect your privacy and support a secure environment.

Security Tips:

- Join on time – the session will be locked 5 minutes after the start time.
- You'll be placed in a waiting room until the host lets you in.
- Don't forward your ticket email to anyone else. Instead, send your friends the link to our [events page](#) so that they can complete their own registration.



How to join online sessions

1. Open your Order Confirmation email. Click the red **'Go to My Tickets'** button.
2. If the link doesn't work, right-click it and choose **'Open link in a new tab.'**
3. Check your sessions details. Click on the red **'View Links'** button.
4. Click the **'Join now'** red button. If you join too early, you'll see this message: 'We're sorry, this page isn't available.' Join 15 minutes before the meeting.
5. When prompted, click **'Allow'** to open Microsoft Teams.



Joining on your device

On a computer?

[Download](#) the free Teams app first.

On a phone?

[Download](#) the free Teams app first.



Join with your camera on

To help create a supportive and safe group environment, please join with your camera on. It's okay to turn it off briefly, but please turn it back on when you can.



Other tips

Please allow at least 15 minutes before the session starts to open your ticket email and test your sound and video.

Make sure your device has internet and enough charge.

Get in Touch

If you have specific questions or can no longer attend, please contact us.

[1300 554 660](tel:1300554660)
carersupport@arafmi.com.au