



The Road Home is a charitable affiliate of The Hospital Research Foundation, raising awareness and funds to support health and wellbeing research and programs into conditions such as Post-Traumatic Stress for the nation's veterans, emergency service personnel and their families.

Established in 2017, The Road Home's Wellbeing Program delivers wellbeing services to our veterans and emergency service personnel in need, as well as their families.

Through this program, The Road Home is proud to support the STAIR program, an intervention aimed at improving mood regulation, interpersonal communication skills and relationship skills for people with Post-Traumatic Stress.

You can now register to be part of this exciting program!

You will learn how to:

- Become more aware and comfortable with your emotions
- Develop positive, healthy coping skills for distressing feelings
- Identify unhealthy relationship patterns
- Build skills to improve your relationships
- Build resilience and confidence

The STAIR program was redeveloped by the US National Centre for PTSD in 2015 and is a group program for male and female veterans and emergency service personnel who are living with Post-Traumatic Stress or are interested in building resilience and improving wellbeing.

The program will be delivered by Dr Jon Lane, Psychiatrist and current ADF Reservist and Afghanistan veteran, proudly supported by The Road Home.

When: Commencing 29 July for 12 weeks, each session will be 1.5hrs long

Mondays 6:30pm - 8pm

Tuesdays 10am - 11:30am or 1pm - 2:30pm

Wednesdays 10am - 11:30am (6 week program) Soldier Recovery Centre only

Where: The Road Home's Australian Centre of Excellence for PTS
at Jamie Larcombe Centre, Glenside Campus - Southern entrance - Car park 3

What: Manual and morning tea provided

**Places are limited, for more information, please contact
Narelle Mason, STAIR Program Coordinator on 0427 834 582 (Mondays and Tuesdays only),
or email anytime nmason@theroadhome.com.au**