

AN INVITATION TO CARERS

***Do you provide care and support to another person?
You are invited to attend our FREE Carer Information Workshops that run each Tuesday over 3 weeks.***

Carers are usually family members or friends who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged.

**Where: The Hunter Resource Centre
2 Percy Street, Hamilton**

Time: 9.30am — 2.00pm

Cost: Free — Morning Tea & Light Lunch Provided

When: Tuesday 7th, 14th & 21st February 2012

Program:

Session 1 – Meet with Representatives from Centrelink and a panel of Community Service Organisations & understand how they can assist you in your caring role.

Session 2 – Caring for the Carer/Yourself: Stress Management, Effective and Practical Caring Skills

Session 3 – Legal Issues, Advance Care Planning and Advocacy

RESPIRE AVAILABLE by
contacting
Commonwealth Respite &
Carelink Centre on
1800 052 222

**For more information or to register contact
EDuCARE on: 4921 4895 or 1300 887 776
or Email: Educare-Admin@hnehealth.nsw.gov.au
(We ask that you RSVP for catering purposes)**

