

# 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: East Maitland Bowling Club  
Bank Street, East Maitland**

**Time: 9.30am — 2.00pm**

**Cost: Free — Morning Tea & Light Lunch Provided**

**When: Tuesday 20<sup>th</sup> & 27<sup>th</sup> March, 3<sup>rd</sup> April 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](mailto:Educare-Admin@hnehealth.nsw.gov.au)  
(We ask that you RSVP for catering purposes)

