

CARER WELLBEING THERAPEUTIC GROUP



Are you caring for a family member or friend and interested in hearing from other carers?

Carers NSW is running a Carer Wellbeing Group for carers of people living with a disability, mental illness, drug and alcohol dependency, chronic condition, or frail aged in NSW.

Talk-link is a six week telephone program for adult carers, facilitated by two trained counsellors.

The Carer Wellbeing Group will allow carers to:

- *Strengthen resilience with coping strategies
- *Learn healthy communication boundaries
- *Explore loss & grief in the caring role
- *Understand the benefits of self care

DATE: Tuesday 12th February 2019

TIME: 10.30am - 11:30am

Every Tuesday for 6 consecutive weeks

WHO: For carers living in NSW

WHERE: Telephone Group
Connect via any landline (free) or mobile telephone (mobile rates apply)

Register your interest ASAP (places limited)

For more information or to register
CALL: Carer Line 1800 242 636