

EIGHT STAGES OF HEALING PROCESS



FOR CARERS OF PEOPLE LIVING WITH MENTAL ILLNESS IN NSW

Are you caring for a family member or friend living with mental illness?

Are there times when you experience worry, fear or guilt?

Do you sometimes wonder if there is a better way of managing these feelings?

The Eight Stages of Healing Process is an eight week carer support course that helps you discover alternatives to common patterns of coping. You can care for your loved one without losing sight of your own needs. This process is about you and your own healing.

DATE: Tuesday 12 February 2019
Weekly for 8 weeks

TIME: 1:30pm-3:30pm

COST: Free

LOCATION: Mission Australia
1/26 First Ave
SAWTELL NSW 2452

RSVP: Registration essential

Mission Australia
Shelley Dutton
t: 02 6658 7831 or

Carers NSW
Jane Cooper
t: 1800 242 636
(free call from landlines)

NATIONAL CARER COUNSELLING PROGRAM