

'TALKING TACTICS'

6 WEEK TALK-LINK



SHARED INSIGHTS TO HELP BUILD ON YOUR STRENGTHS

YOU ARE A CARER IF....

You look after a family member or friend with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.

Caring can be challenging physically and emotionally but there are people who understand and can help guide you through the ups and downs of the caring experience.

'Talking Tactics' is a 6 week telephone support program facilitated by a trained counsellor to help: strengthen resilience, develop coping strategies, avoid conflict, improve self esteem and enhance social connections.

WHEN: Thursday 14th February 2019

TIME: 2:30pm - 3:30pm for 6 weeks

WHO: MEN IN CARING ROLES living in NSW

WHERE: Connect via Landline (FREE) or Mobile (NB: rates apply)

COST: FREE

"Talking about my challenges with other blokes helped me, but i was also able to help them by sharing my knowledge."

- BOB, Blue Mountains

REGISTER: Carer Line 1800 242 636