

CARER WELL BEING THERAPEUTIC GROUP



Are you caring for a person living in an aged care facility?

Carers NSW is running a Carer Wellbeing Group for carers of people living in a residential aged care facilities in the Tweed Heads region of NSW.

The counselling support group is for adult carers living in the Tweed Heads area, and is facilitated by a qualified carer counsellor.

The therapeutic group will allow carers to:

- Strengthen resilience with coping strategies
- Learn communication and assertiveness skills
- Gain ways to set healthy boundaries
- Explore loss & grief in the caring role
- Understand the benefits of self care

Date: Monday 4th March 2019

FREQUENCY: Weekly for 5 weeks

WHO: Carers of people living in Residential Aged care facilities in the Tweed Heads area

WHERE: The Family Centre
1/14 Amber Road, Tweed Heads South
2486

Register your interest ASAP (places limited)

For more information or to register

CALL: Carer Line 1800 242 636 or call Rob Grimes (Carers NSW Counsellor) 07 5524 8711