

# Carers NSW is here to help.

**Are you caring for someone with a mental illness, physical disability, or who is frail or elderly?**

If you are a carer looking after a loved one with a disability, mental illness, of who is frail or elderly, **we are here to help.**

This six week phone group program, facilitated by trained counsellors, will allow carers to connect with other carers, share experiences and get support from people in similar situations. The peer-support group will allow carers to explore the emotional impact of caring and identify ways of managing everyday life.

Phone group discussions will occur weekly for one hour, over six weeks, with a follow-up session a few weeks later. Information, newsletters and other support will also be given. **The group will begin on 25 August from 10-12, so give us a ring to join in!**



For more information, or to sign up for the program, please contact **Bozena Zawisz at 9280 4744.**

