

An invitation to

a FREE one day workshop for facilitators/coordinators of carer support groups

Carers NSW would like to invite you to attend a FREE one day workshop. The workshop, *Carer Support Groups: A workshop for facilitators*, covers a broad range of topics and issues that relate to the role of a carer support group facilitator.

Topics will include:

- An introduction to group processes and group work
- Responding to emotional distress including carer-related loss and grief
- Self-care strategies.

This workshop will provide participants with the opportunity to:

- Develop an introductory understanding of group processes and group work
- Identify a range of basic counselling skills relevant to their role as a facilitator/coordinator
- Practice a range of communication skills, including active listening skills
- Identify a range of self care strategies
- Become familiar with the new Carers NSW resources for carer support groups, including *Carer Support Groups: An information and support resource for facilitators*.

Locations and Dates for workshops in 2010

Newcastle	Tuesday 17 August	
Sydney	Tuesday 21 September	*COURSE FULL
Coffs Harbour	Wednesday 24 November	

Time **9:30am to 4:30pm**

Lunch and program materials provided.

Registrations close one week prior to the session.

For further information or to register for this workshop, please contact Elizabeth Golland on **(02) 9280 4744** or email **education@carersnsw.asn.au**.

Carers NSW is funded by the NSW and Australian Governments.