



Are you a carer of someone with a
mental health issue or condition?
Are there times when you experience
feelings of fear and guilt?
Do you sometimes wonder if there is a better
way of handling this situation?



There is a better way for you to manage this situation!

Julie Tallard Johnson's
Eight Stage Healing Process
for Families & Carers ...

(we also welcome former carers and service providers with current or past family carer experience)

will introduce you to 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, the carer/family member, and YOUR own healing.

You are invited to participate in this process with other carers...

When: Mondays 10.30 am to 12.30 pm
February 15 to May 3 2010

Where: GP Network
53 Lord Street PORT MACQUARIE

*Our own healing process is a life-long journey.
Healing ourselves assists with healing our family relationships and our community.*

Facilitated by Claudia Richardson Education and Training Officer Carers NSW

Contact for further information and to register:

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