

# Carers NSW is here to help.

## Are you a Male Carer?

If you are a male carer looking after a loved one with a disability, mental illness, chronic illness, or who is frail aged and would like to connect with other men in a similar position, **we are here to help.**

This six week phone group program, facilitated by trained counsellors, will allow male carers to connect with other men, share experiences and get support from people in similar situations. The peer-support group will allow male 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 28 June 2011 at 10 am, so give us a ring to join in!**



For more information, or to sign up for the program, please contact **Rob Grimes (07) 5524 8711.**

