

Carers NSW is here to help.

Enhancing carer wellbeing workshop.

Are you caring for someone with a disability, mental illness, chronic condition, terminal illness or who are frail?

The Enhancing Carer Wellbeing Workshop is a four week group program, facilitated by trained counsellors, which will allow carers to:

- Explore and discuss the impact of their caring role
- Discuss individual coping strategies, including an introduction to relaxation and self-soothing techniques such as mindfulness
- Support carers in learning healthy communications strategies to assist them in their caring role
- Support carers in pro-active coping, such as goal setting and planning for the future.

Date and time: 29th November, 6th, 13th, 20th December 2011, 10am—12pm.

Venue: Roden Cutler House, Level 18/ 24 Campbell Street Sydney.

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

