

# CARERS WORKSHOP

## WRITING FOR SELF AWARENESS



Interested carers do not have to have writing skills to participate

Self awareness can help carers to:

- ◇ Feel more alive and comfortable about themselves
- ◇ Learn to trust their decisions more
- ◇ Discover new skills and resources
- ◇ Develop strategies to provide better care

Carers learn natural coping mechanisms and problem solving skills



The program will be held at CARERS NSW  
a step from Central Station.  
Level 18, 24 Campbell St. Sydney

**The workshops will run for six weeks  
on Thursdays 2 to 4 pm from April 8th, 2010**

***A mid-term break on April 29th***

**Writing material will be provided**

**Cost: Free or a small donation**

The Writing for Self Awareness Workshop is designed  
to increase self esteem through self expression

**For more information call the Carer Line 1800 242 636**  
(freecall except from mobiles. Mobile calls at mobile rates)