

Care for carers

Wellbeing sessions will be held Mondays 10th to 31st October to recognise the valuable contributions made by our caring community.

Supporting Carers Locally (Gippsland Disability Advocacy) warmly welcomes you to join a small group for self-care, personal & relational wellbeing. These workshops will be facilitated by Linda Rowley (Master of Applied Positive Psychology).

These sessions are at no cost to carers.

When

October 10
October 17
October 24
October 31

Session topics

Mindfulness & self-care
Happiness & positive emotions
Effective communication & relationships
Resilience & staying well

Between 9:30 am & 1 pm Lunch provided

Venue

The Hub, 27 Dalmahoy Street Bairnsdale – Room 13

Register for 1 or more sessions by the 4th of October

administration@gdai.org.au or Tel: 0477 727 845

Please advise your dietary needs & any accessibility requirements.

