

# OVER-CARING COSTS THE CARER

FREE workshops for carers by Carers Victoria

## When carers over-care. Do you find yourself doing more for the person you support than you would like?

Is your energy low from trying to anticipate their every need? Perhaps you have fallen into the trap of 'over-caring'.

This workshop explores what that concept means for you and the person you care for. It will give opportunity to reflect on your caring style and make changes to benefit both of you.

### Topics will include

- What is over-caring?
- The effects of over-caring
- Strategies to manage over-caring

### BOOKING INFORMATION

To secure your place, please phone Education Services on 1800 242 636 or email [education@carersvictoria.org.au](mailto:education@carersvictoria.org.au) and quote event #6057.

### CARERS VICTORIA

T 1800 242 636

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**When** Friday 7 June 2019

**Time** 10.00am – 12.00pm  
Workshop two hour duration

**Where** Carers Victoria  
Level 1, 37 Albert St Footscray

**Cost** Free  
Refreshments provided

**Car Parking**  
Available at Footscray Plaza  
Paisley St Footscray  
[www.carepark.com.au/find-a-care-park/footscray-plaza](http://www.carepark.com.au/find-a-care-park/footscray-plaza)