

CARING FOR YOURSELF WORKSHOP

FREE workshop for carers by Carers Victoria

Do you take better care of the person you are caring for than yourself? If the answer is yes, you will benefit from this workshop.

This workshop explores why your health and wellbeing are important, and give you strategies to help you better care for yourself.

WHO SHOULD ATTEND

The workshop is open to all families and carers, especially those who find it difficult to care for themselves.

TOPICS WILL INCLUDE

- Why caring for ourselves is so important
- What stops us caring for ourselves?
- Some strategies to help us care for ourselves

BOOKING INFORMATION

To secure your place, visit www.carersvic6834.eventbrite.com.au or for further information please phone Education Services on 1800 514 845 and quote #6834.

CARERS VICTORIA EDUCATION SERVICES

T 1800 514 845

E education@carersvictoria.org.au

www.carersvictoria.org.au

 /carersvictoria  @carersvictoria

When Thursday 12 March

Time 10.00am to 12.00pm

Workshop two hour duration

Where Carers Victoria
Level 1, 37 Albert Street
Footscray

Cost Free

Refreshments provided

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