

# WRITE YOUR CARES AWAY ONLINE WORKSHOP

A FREE online workshop for carers by Carers Victoria

**Writing about your thoughts and feelings can reduce stress and contribute to positive health and wellbeing.**

This workshop will introduce you to some simple, enjoyable writing activities of three to five minutes, provide a chance to share your writing with other carers (optional), and understand how writing can support your wellbeing.

All levels of spelling, grammar and writing ability are welcome.

## WHO SHOULD ATTEND

The workshop is open to all families and carers, especially those wanting to explore the use of writing in self-care, or for self-expression.

## TOPICS INCLUDE

- Writing can contribute to wellbeing and helps relieve stress.
- Exploring how writing can be a lot of fun and anyone can do it.
- Develop strategies and techniques to start writing.

## BOOKING INFORMATION

To secure your place, visit [www.carersvic7555.eventbrite.com.au](http://www.carersvic7555.eventbrite.com.au) or for further information please phone Education Services on 1800 514 845 and quote #7555.

## When

Tuesday 27 October 2020

**Time** 2.00pm - 3.00pm

Online workshop one hour duration

**Where** Online event via Zoom

Access details are sent via email after registration

**Cost** Free

## CARERS VICTORIA EDUCATION SERVICES

T 1800 514 845

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