

# I FEEL SO GUILTY! ONLINE WORKSHOP

A FREE online workshop for carers by Carers Victoria in partnership with Sunbury Community Health and supported by Hume City Council

## Guilt wears carers down.

Guilt can tie us in knots, squeezing joy and fulfilment out. Many carers struggle with guilt and don't know how to manage it. But guilt can be minimised and this workshop could be the starting point for you.

### WHO SHOULD ATTEND

The workshop is open to all families and carers, especially those who find guilt a difficult issue.

### TOPICS WILL INCLUDE

- What do I feel guilty about?
- The anatomy of guilt
- Moving on from guilt

### BOOKING INFORMATION

To secure your place, visit [www.carersvic7637.eventbrite.com.au](http://www.carersvic7637.eventbrite.com.au) or for further information please phone Tracy Sparks, Sunbury Community Health on 9744 9227 or Education Services at Carers Victoria on 1800 514 845.

### When

Wednesday 4 November 2020

**Time** 11.00am - 12.00pm

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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