



Carers VIC  
Australia

# STRONG BOUNDARIES STRONG CARERS ONLINE WORKSHOP

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

## When boundaries are crossed

Boundaries are about drawing a line in the sand; deciding what you can accept from others in your life and what you can't.

This workshop will give you practical strategies to protect your sense of self as well as your health and wellbeing.

### WHO SHOULD ATTEND

The workshop is open to families and carers, particularly those who have difficulty setting boundaries and looking after themselves.

### TOPICS INCLUDE

- What are boundaries?
- How do strong boundaries protect carers?
- How can carers protect their boundaries?

### BOOKING INFORMATION

To secure your place, visit [www.carersvic7636.eventbrite.com.au](http://www.carersvic7636.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 28 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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