

FOR SERVICE PROVIDERS ONLY

Self-Care For Workers Online Workshop

by Carers Victoria



Professional development for those working with clients and their families

Do you find it hard balancing work and life demands? Do you take work problems home with you?

Work through these issues with other professionals who also find it challenging.

WHO SHOULD ATTEND

This workshop is for workers providing support to clients and their families in community, aged or health care.

TOPICS INCLUDE

- Beliefs and habits which may be barriers to self care and finding ways to overcome these.

BOOKING INFORMATION

To secure your place, visit www.carersvic7613.eventbrite.com.au or for further information please phone Education Services on 1800 514 845 and quote #7613.

When

Wednesday 25 November 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

E education@carersvictoria.org.au

www.carersvictoria.org.au

[f](https://www.facebook.com/carersvictoria) /carersvictoria [t](https://twitter.com/carersvictoria) @carersvictoria