

CARING FOR YOURSELF

A FREE online 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 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?
- Making a self-care commitment

BOOKING INFORMATION

To secure your place, visit www.carersvic7764.eventbrite.com.au or for further information please phone Education Services on 1800 514 845 and quote #7764.

When

Thursday 4 February 2021

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

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