

WRITE YOUR CARES AWAY

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.carersvic7926.eventbrite.com.au or for further information please phone Education Services on 1800 514 845 and quote #7926.

When

Tuesday 27 April 2021

Time 10.00am - 11.00am

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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