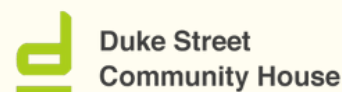


# Self Advocacy Group for Carers

Supported by Leadership Plus &  
Duke Street Community House, a Carer Friendly  
Neighbourhood House



All events are **free** and held at **Duke Street Community House**  
at **27 Duke street, Sunshine.**



## Monday 4th April

### Art Therapy 10:15am - 12pm

Enjoy an art therapy session guided by Sharon, an Art Therapist and Counsellor from ArtEaze. Come and relax while making art and meeting new people.



## Tuesday 26th of April

### Creative Connections 9am - 3pm

Build relationships with other carers in your group and have opportunities to share and learn what has helped others on their journey. This workshop is focused on providing respite, fun and connection for carers in a friendly and welcoming environment.



## Monday 9th of May

### Recreational Connections 10:15am - 12pm

Join us for an outing to Sunshine Leisure Centre and explore opportunities for recreational connections. Meet at Duke street community House.



## Monday 23rd of May

### Incontinence Aids 10:15am - 12pm

Learn more about incontinence aids from guest speakers from Independence Australia.



## Monday 27th June

### Aboriginal Learning with Bill 10:15am - 12pm

Join Bill for a walk around the local area learning about Wurundjeri and Boon Wurrung Country.

**Register your attendance here:**

**Call Lara on 0448 979 475 or Duke Street Community House on 9311 9973.**

Thank you to the Victorian Government for supporting this program.