

Supporting Carers Information session



Provided in partnership with CareLinks North



This session will provide an overview of the range of services available to you as a carer, including how to access supports and services.

Date: 13 March 2019

Time: 10am - 12pm

**Address: Whittlesea Community Activity Centre,
57 Laurel Street, Whittlesea**

You can explore practical strategies to assist in everyday life, respite to give you a break, and connecting with others through peer support groups. Carers will have the opportunity to ask questions about caring for themselves and the person they care for.

To register your interest or for more information please contact CarerLinks North on 9495 2500. Please RSVP by 6 March 2019. *Light refreshments will be provided.*

City of Whittlesea Carer Support Programs may be contacted for support or related enquiries. Call Trina Laffy on 9407 5939.

