

# CARERS WEEK 2019

# CARING FOR CARERS

SUTHERLAND SHIRE COUNCIL



**FREE  
EVENT**

Are you a carer for a family member of friend? Council in partnership with Carer Support Service would like to launch its Carers Week Celebrations with a Caring for Carers day.

Not only a fun day with other carers, is this 4 hour workshop designed to increase carer wellness and resilience. Carers will develop skills on mindfulness and carer coaching.

Morning Tea and a light lunch will be provided. This workshop is FREE and will fill very quickly so please ensure you RSVP.

## EVENT DETAILS

WHEN: 10AM - 2PM  
**Friday, 27 September**

LOCATION: Bayview Room  
Tradies, Caringbah

RVSP: Bookings essential to  
[clare@sscss.org.au](mailto:clare@sscss.org.au)  
or phone Carer Support  
T 02 9542 6292