

CARER SUPPORT PROGRAMS

Family & Carer Connection June to December 2019



<p>Resilience for Carers Practical insights and helpful interventions. For Carers Only</p>	<p>Wednesday July 3rd (1 day only) 9:30am - 3:30pm</p>	<p>Phil Barry Chambers, Wakefield Regional Council, Scotland St Balaklava</p>
<p>Drugs, Alcohol and Mental Illness Strategies to help care for yourself and the person with mental illness. For Carers Only</p>	<p>Thursdays July 11th to August 1st 6:00pm - 9:00pm</p>	<p>Skylight Wayville 5 Cooke Tce, Wayville</p>
<p>Journey to Recovery Positive strategies for moving forward and supporting each other. For Carers and Care Recipients</p>	<p>Wednesdays August 7th to September 9th 6:00pm - 9:00pm</p>	<p>Skylight Wayville 5 Cooke Tce, Wayville</p>
<p>Family and Carers Practical insights and helpful interventions. For Carers Only</p>	<p>Tuesdays August 20th to October 1st 6:00pm - 9:00pm</p>	<p>Skylight Pamangga 64 Elgin Ave, Christies Beach</p>
<p>Drugs, Alcohol and Mental Illness Strategies to help care for yourself and the person with mental illness. For Carers Only</p>	<p>Wednesdays September 18th to October 9th 10:00am - 1:00pm</p>	<p>Para Hills Community Centre 22 Wilkinson Rd, Para Hills</p>
<p>Family and Carers Practical insights and helpful interventions. For Carers Only</p>	<p>Wednesdays October 2nd to November 13th 6:00pm - 9:00pm</p>	<p>Skylight Wayville 5 Cooke Tce, Wayville</p>
<p>Follow up session #3 Wellness Recovery Action Planning</p>	<p>Tuesday - 1 Night Only October 15th 6:00pm - 9:00pm</p>	<p>Skylight Wayville 5 Cooke Tce, Wayville</p>
<p>Partner Program Strengthening relationships where mental illness is present. This program is for couples and for people in a caring relationship.</p>	<p>Wednesdays November 6th - November 27th 10:00am - 1:00pm</p>	<p>Green st Community Center 19 Green St Brompton</p>
	<p>Tuesdays November 19th - December 10th 6:00pm - 9:00pm</p>	<p>Skylight Pamangga 64 Elgin Ave, Christies Beach</p>

All programs are led by a facilitator with lived experience. **Please note: All programs are subject to change.
Single \$40 or \$60 per couple/family. Single Concession \$15 or \$25 per couple/family.