

FAMILY AND CARERS

Family & Carer Connection



WHERE & WHEN

Skylight Pamangga
64 Elgin Ave, Christies Beach

Tuesdays
February 26th - April 9th
6:00pm-9:00pm

This Carer Support Program is delivered over seven consecutive weeks covering the issues facing families as they manage the impact of mental health illness on their lives. For Carers.

Increase confidence in dealing with the challenges created by mental illness offering practical insights and helpful interventions.

Learn strategies to care for yourself and the person you care for.

This course is led by a facilitator with lived experience.

Booking essential

For more information or to register your interest, please contact Carer Support on 8378 4100.

Single \$40 or \$60 per couple/family.

Single Concession \$15 or \$25 per couple/family.