

# FAMILY AND CARERS

Family & Carer Connection



## WHERE & WHEN

Para Hills Community Centre  
22 Wilkinson Rd, Para Hills

Wednesdays  
May 15th - June 26th  
10:00am-1:00pm

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.