

# Carer info workshop

## Are you a carer?

Do you care for family/friends with disabilities, mental health, chronic illnesses, substance issues, or who are elderly?

If so, then this workshop is for you!

## About this workshop

- The Carer Journey (common stages and things experienced)
- Self-care for the carer
- Tips on communication with our loved one in times of difficulty
- Open Discussion: Bring your questions and concerns!



## Info

Who for: People who care for those with mental health difficulties.

When: Tuesday 30th July, 4.30 – 6pm

Where: headspace Joondalup 22 Reid Promenade, Joondalup

Contact us: Call (08) 9301 8900 or E-mail

[info@headspacejoondalup.com.au](mailto:info@headspacejoondalup.com.au)

FREE WORKSHOP

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