

# 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 5th November, 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**



## Sign up here

<https://bit.ly/361FyXY>

