



DO YOU CARE FOR A FAMILY MEMBER?

ARE YOU FEELING PRESSURED?

IS YOUR MENTAL HEALTH AND WELLBEING AFFECTED?

IS THIS IMPACTING YOUR MOOD AND ENERGY LEVELS?

IS IT TIME FOR A CHANGE?

LET'S TALK

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WESTERN VICTORIA
An Australian Government Initiative


Carers Australia VIC



TO REGAIN LIFE BALANCE TAKE THIS STEP...

Carers Victoria and Western Victoria Primary Health Network are hosting 'Mind the Step' a three-part workshop for those who are looking to maintain a healthy mind while supporting someone.



'MIND THE STEP' A THREE-PART WORKSHOP

For those who are looking to maintain a healthy mind while caring for someone

Come along and:

- Learn how to feel better about yourself and your future
- Create more balance in your life
- Explore options and regain control over your choices
- Connect with local people
- Light meal included

Horsham, Geelong and Warrnambool

Tuesday Evening Group

5.00pm - 8.00pm on 2, 9 and 16 October 2018

Wednesday Daytime Group

10.00am - 1.00pm on 3, 10 and 17 October 2018

Ballarat

Wednesday Evening Group

5.00pm - 8.00pm on 24, 31 October and 7 November 2018

Thursday Daytime Group

10.00am - 1.00pm on 25 October and 1, 8 November 2018

Register your interest and find out more by visiting www.carersvictoria.org.au/mindthestep or call Cornelius on (03) 9396 9585

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Please let us know if you need support to attend.