

Cultivating carer well-being in nature

To stop, sit, rest, reflect on health and well-being

Carers Victoria Counsellors will host a one day counselling workshop reflecting on carer well-being and self-care. A small group of carers will connect with two counsellors who will facilitate a day of gentle reflection, rest and time out.

The day will be offered in a beautiful nature setting at our Carers Cottage, one hour out of Melbourne in the Shire of Cardinia.

If interested, please contact counsellor Linda to discuss your suitability for the group program on 1800 242 636.

Date and time

Wednesday 23 May 2018, 10:00am – 4:30pm

Venue

Carers Cottage - Officer
Morning tea, lunch and afternoon tea will be provided

Transport options

Train to Officer Station (Pakenham Line)
A maxi taxi will pick you up at 9:45am and take you to Carers Cottage.

or

Arrive by own car at Carers Cottage by 9:45am

Expressions of interest close Wednesday 9 May

Limited places available so call early

For more information:

T 1800 242 636

E reception@carersvictoria.org.au



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