

Are you looking after someone?

ESPECIALLY FOR CARERS

**INFORMATION & STRESS
MANAGEMENT COURSE**

Are you looking after a family member or friend who has a physical or mental disability, is frail aged, has dementia or an illness requiring assistance with their daily living?

This course will connect Carers with services and assistance available, explore the emotional and physical demands of caring and provide strategies to manage stress.

**6 Week Course – One session a week
Wednesday 4 August – 8 September 2010
10am – 12.30pm**

Cromer Community Centre, 150 Fisher Road North, Cromer

- 04/8/10 Who Cares for You**
- 11/8/10 Finances/ACAT**
- 18/8/10 Commonwealth Respite/Carelink/Stress Management**
- 25/8/10 Services Available**
- 01/9/10 Respite/Stress Management**
- 08/9/10 Transport and home modifications**

Enquiries and bookings call

**NORTHSIDE COMMUNITY CONNECT
CARERS PROGRAM**

Marina 9931 7750 or Briar 9931 7751

(Fee: \$2 contribution)



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



Warringah Council