

**Carer
Support
Service**



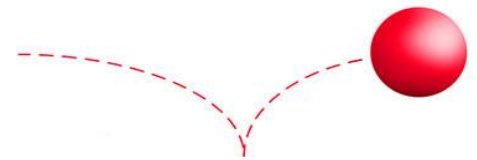
Sharing the carer journey

CREATING CARER RESILIENCE

Do you care for a family member who has a disability, dementia or is frail aged? Carer Support Service has 2 programs that may help you to manage stress and look after yourself while you care for others

<u>Dapto Ribbonwood Centre</u>	Carer Outreach Program	Resilience Monthly Training Program
March 2017	Wednesday 8 th March 10-1pm	Thursday 23 rd March 10-12noon
April 2017	Wednesday 12 th April 10-1pm	Thursday 27 th April 10-12noon
May 2017	Wednesday 10 th May 10-1pm	Thursday 25 th May 10-12noon
June 2017	Wednesday June 14 th 10-1pm	Thursday 22 nd June 10-12noon

Resilience



RESILIENCE TRAINING PROGRAM

Learn how to 'bounce back' from difficulties, and to build a toolkit of skills to support you as a carer, in a supportive group atmosphere

RSVP essential- number limits apply

CARER OUTREACH

Carers can book half hour appointment time to come and speak with our carer support worker. Our experienced staff can provide emotional support, referral to local services and information to assist your caring role. (This is not a counselling service)

Appointments essential

VENUE & RSVP

**Dapto Ribbonwood Centre
93-109 Princes Highway,
Dapto**

To RSVP or more information, please contact Kate at the Head Office-Sutherland on **(02) 9542 6292** OR email **kate@sscscs.org.au**

Kate works part-time: Wednesdays, Thursdays & Fridays only