

Carers Workshop

“Change, loss and moving forward”

Changes- wanted or unwanted, are an inevitable part of caring. This session provides a safe environment to explore those changes & their impact. It also considers what can be done to move forward:

Key messages:

- **Identify changes since starting their caring role**
- **Consider losses associated with caring and**
- **Explore options for dealing with carer grief and ways to move forward.**

Date, time & duration:	Tuesday 5 th May from 7-9pm 2 hrs.
Workshop title:	Change, loss and moving forward
Education Officer:	Jennifer Daddow, Carers Victoria
Organisation:	Grow
Contact person:	Kiran Sidhu
Contact phone on day:	0448051540
Venue name/address:	Grow Community Centre, 707 Glen Huntly Rd, Caulfield South Vic, 3162

About Carers Victoria

Carers Victoria, not-for-profit organisation, is the voice for family carers, representing and providing support to caring families in our community. Each year they help thousands of family carers across Victoria supporting them with counselling information and advice, empowering them with education and training and advocating for more and better supports. For more information contact: *Carers Victoria, Level 1, 37 Albert Street (PO Box 2204) Footscray, VIC 3011, TTY: 9396 9587, Fax: 9396 9555, Freecall: 1800 242 636, Web: www.carersvictoria.org.au*

About “Grow - Better Together”

Grow—Better Together aims to improve the mental health and wellbeing of those who care. The support groups provide opportunities for carers to develop their own capabilities, friendships and supports to overcome the barriers they experience as part of their caring role. Group meetings run for about two hours and are held twice monthly. They are confidential and free, and are followed by refreshments. *For group enquiries phone 1800 558268 or visit www.grow.org.au*

Family carers provide care and support to family members or friends.

The person that they care for may have a physical disability, mental illness or chronic condition.

They may be caring for a child, a spouse, or perhaps an ageing parent.

Anyone, anytime could be a carer.