

## Caring for yourself

*A workshop for carers*

- **Are you providing care or support to a loved one who is older, has a disability, or is affected by mental ill health?**
- **Do you find that you tend to take better care of the person you are caring for than yourself?**

If the answer is yes, then this workshop is for you!

Jewish Care has teamed up with Carers Victoria to offer this free workshop for carers in honour of Mental Health Week. In this 2-hour workshop, we will explore why your health and wellbeing are important, and discuss and share strategies to help you look after yourself.

A light afternoon tea will be provided.

Places are limited, so please remember to RSVP to ensure you don't miss out.

**When: Wednesday 7<sup>th</sup> October**  
**2.00pm – 4.00pm**

**Where: S.H. Harris Room**  
**Jewish Care**  
**619 St Kilda Road**

**Cost: FREE**

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