



City of  
STONNINGTON

## STONNINGTON CARERS FORUM

It's ok to care for yourself when you're caring for somebody else.

**This year we will bring the Carers Forum to the comfort of your lounge room.**

Caring for someone can be challenging and stressful. If you are a carer for someone close to you, you are invited to take part in this year's City of Stonnington Carers Forum.

An online live and interactive presentation from leading health professional Raymond Burnett who is passionate about carers in our community. Raymond will give you some practical tips on how to care for yourself while you are caring for someone else.

Plus learn more about the services and supports available from leading agency Carers Victoria.

**When:** Tuesday 25 August,  
11:00am to 12:45pm

**Where:** This will be an online event, once you register an invitation will be sent to you.

**Bookings:** The session is free to attend and registration is essential.

For further information or to book, contact **8290 1333** or visit [eventbrite.com.au/e/carers-forum-online-event-tickets-111776528606](https://www.eventbrite.com.au/e/carers-forum-online-event-tickets-111776528606)

