

North Ryde

15 June 2021



This group session is designed to support positive health and wellbeing outcomes for a carer, family or friend of a person living with dementia.

Participants will be empowered to build self-care skills which improve quality of life in a caring role. An individual follow up session will be offered to review progress in achieving your goals.

You will gain knowledge in:

- the impact of caring for a person living with dementia on your wellbeing
- strategies to improve and maintain your health and wellbeing
- how to access appropriate services and support



Suitable for:

Family carers and family members of people living with dementia. This program is not suitable for professionals employed in the health or aged care sectors.



Time: 9:30am – 3:00pm



When: Tuesday 15 June



Where:

Dementia Australia
120 Coxs & Norton Rd
North Ryde NSW 2113



Cost: Free

Additional information and bookings:

<https://cw15june.eventbrite.com.au>

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