

# SEA STARS WORKSHOP

## FREE



**Are you a carer or in a caring role?  
Would you like to connect with other carers?**

You are invited to express yourself in a fun workshop to create your own sea star (starfish) aimed at raising the visibility of carers in the community. This will then become part of an installation that will be displayed during Carers Week in October.

**An opportunity for self-care in a relaxed,  
playful environment including a yummy  
morning tea**

Date: Monday 21st August 2023

Time: 10:00am - 11:30am

Venue: Arrabri Community House  
42 Allamban Drive, Bayswater North

To register or for more information  
<http://www.linkingcarers.com.au/index.php/events>  
or call Leonie on 0417 361 411



**Linking  
Carers**



Sea Stars Project

Making Carers Visible