

# carers acting up!

*a theatre activity workshop series*

*(no acting skills required)*

time out  
for yourself

meet other  
carers

fun games

be seen  
and heard

celebrate the  
amazing work  
you do everyday

- Sunday 10/2 1pm - 4.30pm (afternoon tea provided)
- Sunday 24/2 10am - 2pm (lunch provided)
- Sunday 17/3 10am - 2pm (lunch provided)
- Sunday 31/3 10am - 2pm (lunch provided)
- Sunday 28/4 1.30pm - 3.30pm (afternoon tea provided)

A 'home-made' movie will be produced as part of the workshop, giving you another opportunity to express your experiences

The first session will be run in conjunction with the iDareU Carers Hub

The last session will showcase of the 'movie' and also run in conjunction with the iDareU Carers Hub

cost  
\$10

For more information contact  
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