

NORTHERN SYDNEY FAMILY & CARERS
MENTAL HEALTH PROGRAM
FREE UPCOMING EVENTS



NOV
10

CARER SUPPORT BBQ
11AM - 2PM
47 HERCULES STREET CHATSWOOD
RSVP ON 8599 4844

NOV
19

CARER SUPPORT GROUP EVENING SESSION
6.30PM - 8.30PM
47 HERCULES STREET CHATSWOOD
BUILD, SHARE AND GROW AS A CARER

NOV
22

CARER SUPPORT GROUP DAY SESSION
12PM - 2PM
47 HERCULES STREET CHATSWOOD
BUILD, SHARE AND GROW AS A CARER

NOV
27

ACCIDENTAL COUNSELLOR DAY & EVENING
DAY: 9.30AM - 2PM OR EVENING: 3.30PM - 8PM
WILLOUGHBY UNITING CHURCH 10/12
CLANWILLIAM STREET

COME AND BE SUPPORTED BY OTHER CARERS AND STAFF,
LEARN FROM OUR GUEST SPEAKERS, GAIN NEW EXPERIENCES
AND BUILD RESILIENCE AND SKILLS
FOR MORE INFORMATION GIVE US A CALL: 8599 4855