



An Australian Government Initiative



Resilience, self-care and you

Carers NT extends a warm invitation to carers to participate in a half-day interactive workshop. The workshop explores resilience, handling stress and emotions, self-care strategies and accessing resources.

This **FREE** event is open to adults aged 18 and over.
All Workshops are 9.30pm - 2.00pm
(Light refreshments provided)

Please note, while the workshops are open to all adults, priority will be given to those who are registered carers with Carers NT.



To register your attendance,
please call Carers NT
on 1800 422 737

WORKSHOP DATES

Wednesday 29 May, Alice Springs
CDU Campus, 10 Grevillea Drive, Sadadeen

Thursday 30 May, Santa Teresa
Santa Teresa Community

Friday 31 May, Alice Springs
CDU Campus, 10 Grevillea Drive, Sadadeen

Wednesday 5 June, Darwin
Harry's Place, 1 Willeroo Street, Tiwi

Thursday 6 June, Palmerston
Gray Community Hall, Corner
Essington Ave & Victoria Drive, Gray

Friday 7 June, Darwin
Harry's Place, 1 Willeroo Street, Tiwi

Tuesday 11 June, Katherine
Knotts Crossing Resort, Corner Giles Street
& Cameron Street

Thursday 13 June, Nhulunbuy
Captain Cook Community Centre, Arnhem Road



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