

RSVP:
WWW.TRYBOOKING.COM/CLREG

BLOKES AND A BUSHWALK

AN OUTDOOR PEER SUPPORT AND SOCIAL GROUP FOR MALE CARERS



ARE YOU A MALE CARER?

- Are you open to the idea of getting together with guys in a similar position?
- Up for a walk in nature?
- See yourself kicking the footy and having a chat?

THREE SESSIONS JOINED BY GUEST FACILITATORS, A WALK IN NATURE, KICK OF THE FOOTY AND A BBQ.

\$20 FOR THREE SESSIONS

19, 26 NOV & 3 DEC - 10AM TO 12.30PM
YARRUNGA COMMUNITY CENTRE
CROYDON HILLS

ELIGIBILITY:

A male carer is someone that identifies as male and provides care for a loved one with a disability, mental health condition, medical condition or elderly person. You might be a brother, grandparent, father...all welcome.

SESSION OVERVIEW:

1. FACILITATED WALK IN NATURE WITH A CLINICALLY ACCREDITED FOREST THERAPY COUNSELLOR. TAKE SOME TIME TO YOURSELF, SOAK IN THE OUTDOORS, EXPLORE INDIGENOUS PLANTS AND HAVE A CHAT.
- 2 & 3. MEET FOR A WALK WITH INTERCHANGE OUTER EAST, MAROONDAH COUNCIL AND BASIX4BLOKES FOLLOWED BY A KICK AND A BITE TO EAT.

Enquiries or register interest: Michaela on 9758 5522 or specialist.services@ioe.org.au