

## Don't forget you: Support for carers

**This four-part workshop brought to you by our psychology, counselling and social work services can help you manage the impacts of the carer relationship, make space for self-care, connect with other carers, and more...**

Caring for someone can look different for everyone. Perhaps you are caring for a spouse or partner, son or daughter, grandchild, or parent. No matter who you're caring for, the demands can be constant and may take a toll on your physical, mental and social wellbeing. It is important that we recognise these challenges and access support.

### Who can attend?

We warmly welcome partners, parents, relatives and friends caring for a loved one - or those who want to learn how to support a carer.

### What to expect?

These interactive workshops are designed to help carers understand the

impact of the changes on their loved one; build skills to manage relationships in a caring role, connect with other individuals who are caring for someone, and explore avenues for self-care.

Join us over four weeks as we share information, exchange experiences, and learn, laugh and lean on each other. We encourage you to attend all four sessions if possible, however even one workshop could leave you feeling more informed and encouraged.

### Bookings

Attendance is free; however bookings are essential. We look forward to seeing you there.

**11am - 12pm Wednesdays**

28th August  
4th September  
11th September  
18th September

**FREE entry**

**UQ Healthy Living**

Centra, Level 3  
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**Bookings essential**

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