

Wellness Circle



Mental Health Family & Carer Support

Centrecare's Goldfields Mental Health Family & Carers Support Service provides an open group for individuals that would like some support with learning skills, building resilience, self awareness, and connecting to inner peace and strength.

Supporting Carers To Manage:

- Anxiety
- Anger
- Low Mood
- Sleep Difficulties
- Interpersonal difficulties
- Loneliness



Tuesdays fortnightly starting 10 September
Time: 10:30 am to 12:30 PM



Escare Inc.
unit 8/53, The Esplanade
Esperance 6450



REGISTRATION ESSENTIAL

To register or for more information:

 **9083 2600**

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