

FREE

Family and Carers Support Group



Would you like to connect with other carers?

All carers and families who provide support for a family member who has a mental illness, disability or is frail aged are welcome to join us.

Lots of activities and self-care activities including:

- Seated Zumba/ Drumbeats
- Arts and craft
- Yarning
- Shared Lunch
- Carers Group lunches
- Lawn bowls
- Picnics/ Carers Week Picnic
- Morning Tea's
- Guest Speakers
- Joining other community events



When: Every Wednesday

Time: 10:00am - 12:00pm

Where: Kalgoorlie (different venues every week)

For more information and to register,
contact Centrecare:

Ph: 9080 0333

Email: kalgoorlie@centrecare.com.au