

Family and Carers Support Group

FREE



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: 168 Egan St, Kalgoorlie

To register or for more information:

 9080 0333



kalgoorlie@centrecare.com.au

Follow us on: Facebook, LinkedIn, Instagram and YouTube

www.centrecare.com.au

