

# CARER WELLBEING TALK-LINK GROUP



## Are you caring for a person affected by mental illness?

Carers NSW is running a Carer Wellbeing group for carers of people living with mental illness in NSW.

Talk-link is a six week telephone program for adult carers, facilitated by two trained counsellors.

The therapeutic group will allow carers to:

- \*Strengthen resilience with coping strategies
- \*Learn healthy communication boundaries
- \*Explore loss & grief in the caring role
- \*Understand the benefits of self care

WHEN: Thursday 17th October 2019

TIME: 10.30 am - 11.30 am

FREQUENCY: Weekly for six weeks

WHO: Carers of people living with mental illness in NSW

HOW: Connect via any landline (free) or mobile telephone (mobile rates apply)

Register your interest ASAP (places limited)

For more information or to register  
CALL: Carer Line 1800 242 636